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SU drops ball on Break the Record



KEVIN SCHENK

Alex Migdal

NEWS STAFF ■ @ALEXEM

The Students’ Union is shelving its plans to host another record-breaking dodgeball game this year amid spiraling costs and space limitations.

The SU last hosted a Break the Record event on Feb. 3, 2012, when 4,979 players swarmed the Butterdome to reclaim the record for the world’s largest dodgeball game, its fourth successful nab at the title.

The University of California at Irvine later thwarted the record on Sept. 5, 2012 with 6,084 players.

In November, SU executives projected costs would balloon from \$75,000 to \$100,000 to accommodate up to 7,000 students.

“The event has just gotten too big,” SU Vice-President (Student Life) Nicholas Diaz said.

Diaz said the Butterdome hit capacity in the last event with curtains draped around the track. The new tally would force participants to play “wall-to-wall” with little room for spectators.

The extra \$25,000 used to fundraise, hire staff and secure sponsorships would cut into the SU’s programming, including its comedy nights, singer-songwriter series and poster sales.

“As an exec, I want us to throw these big events to bring the community together,” Diaz said, noting he didn’t run his campaign on Break the Record.

“But we also have a responsibility to ensure the SU is doing things in a smart financial way.”

Diaz informed councillors of the executive’s decision during his term update at the Jan. 6 council meeting.

The SU is opting instead to sponsor the Hide and Seek Club’s upcoming world-record attempt for the largest hide-and-seek game.

The club is planning to host 2,000 students in the Van Vliet Complex on Feb. 6.

Break the Record emerged as one of the SU’s flagship events in recent years and drew considerable exposure for the university.

The U of A set its first record in Feb. 2010 with 1,200 players, before upping its count to 2,012 players in 2011 and nearly 5,000 players in 2012.

Diaz said the event could make a comeback, but it would require long-term planning from future executives.

“This is something we’d have to build into our budget,” he said. “We’d have to cut back on our programming and we’d have to make a lot of concessions to fit it in.”

YEG Music

A BEGINNER’S GUIDE

High notes on the city's burgeoning music scene · 16

BREAKFAST of CHAMPIONS

From big chains to local joints, we count down the best eggs etc. in #YEG · 20



THE gateway

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colophon

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haiku

Richard likes nice shoes  
Richard wants chelsea booties  
But Richard can't have

Going to It' Dog  
This hot dogs better be good  
Our review below

Just got back from dogs  
They were just OK, I guess  
Chicken was good, though



streeters

COMPILED AND PHOTOGRAPHED BY Oumar Salifou + Kevin Schenk

As you may have heard,  
breakfast is the most im-  
portant meal of the day!

WE ASKED...



Melissa Fowler ALES I

"Well, it would be  
Froot Loops if I could  
drink milk."



Rodrigo Mansueli ENGINEERING I

"I don't eat breakfast,  
sorry. If I did, I'd go for  
fruits like mango."



Jon Thompson DESIGN IV

"Cheerios. Just plain ones. I like  
to add my own stuff."



Kristen Cote NATIVE STUDIES I

"Cocoa Puffs. I ate it since  
I was a kid"



PHOTO OF THE MONTH Rodeo!

AMIRALI SHARIFI

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# News

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PEPPY PASSPORT PHOTOS Ron Yaciuk hopes to give his customers a passport photo they can be proud of.

ALEX MIGDAL

## ‘Smize!’: HUB Photo owner puts joy in customers’ eyes

**Alex Migdal**  
NEWS STAFF ■ @ALEXEM

Ron Yaciuk is about to teach Ryan Wang the hidden art of *smizing*.  
To smile with your eyes is the key to achieving the perfect passport photo, Yaciuk explains while positioning Wang.  
Wang, a first-year engineering student from China, studies himself in a mirror, brushing aside his dark bangs. He turns to Yaciuk’s camera, his eyes wide and unsure.  
“I’m going to show you a trick,” Yaciuk says. “I want you to think of happy things. Your eyes will pick it up and then you’ll look happy.”  
The first flash goes off.  
“You look too serious. Let’s put some joy in your eyes!”  
Yaciuk removes Wang’s glasses — too much reflection — and presses him for happy thoughts. “If you won a million bucks, how would you feel?”  
Wang’s gaze starts to soften and his lips curve upward. Another flash bursts.

“Look at this!” Yaciuk exclaims. “A good-looking photo.”  
He summons Wang to his computer screen and scrolls through the takes.  
Wang, expressionless at first, reveals a hint of a smile in his last take. It’s the photo that will appear on his Chinese passport for the next 10 years.

■ **“I really like helping people and I love helping students. That gives me satisfaction.”**

RON YACIUK  
OWNER, HUB PHOTO

“I was so worried because I lost my passport,” Wang says while Yaciuk edits the picture. “I’m lucky to meet him.”  
At the surface, Yaciuk’s uncanny talent lies in producing passport photos that invite joyful disbelief from customers. The trick, of

course, is to smize, but that also entails ridding customers of their fears.  
“Every person is unique. What works for one person might not work for another person,” he says.  
“Some people may not want to take instructions. Others may be very shy. Some may have bad days. You have to work on one person and figure them out.”  
Customers often visit Yaciuk’s store bemoaning their previous “criminal” mug shots. Even Yaciuk isn’t immune from mediocre photography. He whips out his driver’s license and decries the washed out picture.  
But in the 28 years that he’s run HUB Photo, Yaciuk’s job has evolved beyond passport photography. He’s a confidante and resource for U of A students, many of whom hail from other countries and speak little English.  
While readying the photos, Yaciuk questions Wang about his residency. He quickly learns that Wang also needs a visa. After out-

lining the visa options, Yaciuk recommends Wang stay overnight in Calgary because of long waits at the consulate.  
“I feel like they’re all my sons and daughters,” Yaciuk later says during some downtime at the store. “I really like helping people and I love helping students. That gives me satisfaction.”  
It’s also what’s driven Yaciuk to pursue and reinvent his business, even when threatened by the advent of digital photography. He first overtook a photo-finishing store in 1986 where the LRT pedway now stands, before setting up shop two years later at the southern tip of HUB Mall. The location employed nine staff and included a dark room and studio next door.  
Yaciuk now works by himself, after running the store with his daughter for nine years. Festive garland still lines the wall and staircase the first week of January. Family photos are tacked to the back wall near sticky notes outlining photo specs. Soft jazz blends in with the

trickling of an aquarium.  
Yet the constant stream of customers keeps the space bustling. Yaciuk estimates about 90 per cent of clients come through word of mouth. The majority return, often more than once.  
Kun Chen, a third-year fine arts student, tells Yaciuk it’s her third visit to the store as he blow dries the fresh stamp on her photo. She’s planning a trip to London during reading week and needs to renew her passport.  
“He’s very quick,” Chen says admiringly. “And all the photos are beautiful.”  
Yaciuk smiles behind the counter. He figures he’s got one or two years left before retiring. He hopes to move to South America and work with orphanages.  
But before selling the store, Yaciuk still has plenty more eyes on campus to light up with smiles.  
“That’s my passion,” he says. “I love when I can get someone smiling and they say ‘Hey, you made my day.’”

## SU President to tune up campus atmosphere with public pianos

**Alex Cook**  
NEWS STAFF

Students’ Union President William Lau manages to find time to play his Erhu — a traditional Chinese string instrument — violin and piano, but realizes others aren’t as fortunate.  
So, Lau has championed a new SU initiative aimed at fostering vibrant campus for students through musical instruments.  
Lau plans on placing two “pilot pianos” on campus for public use. One will be located in the pedway between HUB and the Humanities Centre, while the other will be placed in the pedway above the Health Sciences/Jubilee LRT Station.  
“I think it’s really important to appeal to the senses,” Lau said. “How can we ensure that our campus experience ... satisfies all these needs?”  
Lau said he hopes University Facilities and Operations are willing to work with the SU to find more spaces to place pianos on campus if the current proposed locations work

out well.  
The main difference between these pianos and the pianos in Lister Centre and the Fine Arts Building is they’ll be “completely open,” as there won’t be any sort of booking system to play them.  
“Open in the sense that you’d play with intention of playing for others, and that you would expect to be a public display when you sit down,” Lau said.  
Lau started planning the process a year ago during his term as SU Vice-President (Student Life). In a conversation with Building Services Associate Director Ray Dumouchel, Lau discussed various amenities, and it wasn’t too long before pianos on campus was brought up. The idea stemmed from the OpenPianoYEG initiative, which planned to place five pianos across Edmonton public spaces.  
While Dumouchel looked for areas to place the pianos on campus, Lau drafted sponsorship requests and dropped them off at piano retailers in Edmonton.

So far, Lau has received positive feedback from one store, and is still waiting to hear back from others. Potential sponsors will cover all costs of the pianos, including maintenance, while the SU is in talks with Facilities and Operations to cover the moving cost of the pianos. The pianos the SU is looking at are all previously owned, but are refinished to ensure they’re acoustically sound, Lau said.  
Lau said he hopes the pianos provide an opportunity for students to share their musical talents with the campus community.  
“I’ve had a lot of reminders throughout my term about how many talented students we have on this campus,” Lau said. “Many of us have been blessed with the opportunity to take music lessons as children. (But) as we move on to high school and university, it’s not often something we practice or take with us.”  
“We hope to provide everyone an opportunity to get connected with their childhood roots again.”



KEYS TO A VIBRANT CAMPUS The SU looks to put pianos across campus.

RACHEL LYONS



# U of A student tackles 52 different ‘skillz’ in just 52 weeks

**Collins Maina**  
STAFF REPORTER • @COLLINS\_MAINA

Stephen Robinson did what most wouldn't dare to do: controlling and flipping an airplane without any training.

The fourth-year psychology student at the University of Alberta believes in “learning through doing” — a philosophy that has inspired him to learn a new skill every single week for a year.

His blog, titled “52Skillz,” captures these learning experiences in a mix of both video and writing.

▪ **“There’s so many things that I’ve wanted to do, but I see these barriers that aren’t actually real.”**

STEPHEN ROBINSON  
CREATOR, “52SKILLZ”



**BREAKING DOWN BARRIERS** Stephen Robinson is no expert, but he’s not using that as an excuse to not try new things.

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Having accomplished 15 skills so far, Robinson has successfully rappelled down bridges, built an electric scooter, explored abandoned buildings in Detroit, and performed a barrel roll in a plane without any previous piloting experience.

Robinson got tired of watching people doing incredible things on social media, so he decided to challenge himself.

“There’s so many things that I’ve wanted to do, but I see these barriers that aren’t actually real,” he said. “So I just go and do it.”

Some things are much easier to achieve than people expect, he said, explaining how it only took him several phone calls and a few predictable rejections before he found a

man willing to let him fly a plane.

Robinson soon found himself in the cockpit of a Romanian military plane used for training in Vietnam. He explained the plane had two joysticks, highlighting that he didn’t take-off or land the plane, but he took control when the plane was in flight and performed barrel rolls.

“I was at a zero skill level coming into it, but I just learned as I was doing it,” Robinson said.

After several years in university, Robinson said there’s only so much thinking one can do or theory to be learned, noting that experience is one of the best teachers.

“Make no excuses,” he said. “Just

do it.”

When he started the blog in September 2014, Robinson said coming up with 52 skills to learn came easily to him. But the more difficult task is filtering between what people would want to see him learn, he said.

But, Robinson said he was surprised that the knowledge of his blog has allowed him to meet people who offered to teach him certain skills.

“I met a hypnotist a month ago and hopefully he will teach me how to hypnotize people soon,” he said. “There are a lot of things that I want to do, but there’s also those people

who approach me and want to teach me.”

Ultimately, Robinson hopes to inspire other people to challenge themselves and push their limits. He said it made him feel “so good” to see that a few of his friends started a similar blog.

“The blog is really about inspiring people to go out and do cool stuff, and providing them with the resources to show them that it can be done,” he said.

After utilizing the U of A’s eHUB space to develop his concept, he encouraged students who have an idea to start now while they are in university instead of putting it off until

after graduation.

Being a student and managing his own start-up initiative requires keen time management and constant goal setting, he said.

“You have a lot more time in the day than you think you do,” Robinson said.

He said that he creates time for learning the skills through a combination of block scheduling, keeping and following a calendar, and prioritizing.

“I am the kind of person who is constantly working towards a goal,” he said. “My mindset is that you will make it happen if it really matters to you.”

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INFLUENTIAL INSTALLATION Carson Tarnasky's latest design draws influence from his grandfather.

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# Design student unveils sculpture influenced by grandpa's memory

Collins Maina  
STAFF REPORTER • @COLLINS\_MANIA

When design student Carson Tarnasky began his program at the University of Alberta, he didn't know the impact the concept of "influence" would have on his artistic process.

Now in his fourth year, Tarnasky said his own art style was influenced by one of his first-year professors, Royden Mills, who specializes in abstract art. But it wasn't until an opportunity in the U.S. came up that Tarnasky took the chance to pay homage to one of his greatest influences — his grandfather.

Tarnasky undertook a two-month summer internship in 2013 at the Franconia Sculpture Park in Minnesota, where he built a sculpture in memory of his grandfather.

The sculpture contains elements symbolic of his grandfather's intrinsic and extrinsic influences on his family, Tarnasky said.

"The interaction with the object is representative of the ways I think of lineage and influence," he said.

He explained that he called the sculpture *Influence* as a result of both his educational experiences and his memories of his grandfather.

The rustic sculpture took the form of a shed-like structure with wood and steel elements. Tarnasky

said he used lumber and split firewood to represent the materials his grandfather used as a carpenter.

After his job as a carpenter, Tarnasky's grandfather moved to Rimbey, Alberta, and started his own cattle ranch — represented on the sculpture by a symbol that was used to brand his cattle, Tarnasky said.

"The symbol is actually a roof shape, the number seven and a letter 'T' under the roof," he said. "It represents the seven Tarnasky's under one roof — which was my dad's family."

The sculpture has a window on one side and a door on the other. The "peep-hole" window looks into what represents the heart of the sculpture. The latter allows you to enter the sculpture, lock yourself in, and contemplate, he said.

"I was trying to communicate, in abstract ways, how (my grandfather) influenced me through the example he set in his life, and the memories I have of him," he said.

While at the 40-acre sculpture park, which hosts over 160 installations, Tarnasky also worked on several other projects where he helped professional artists, in exchange for free accommodation.

While there, Tarnasky also taught children different workshops on making sculptures, and provided tours around the park for people of

all ages.

When Tarnasky thought back to when he took his Art Fundamentals class, he said that some of professor Royden Mills's style and experience seeped into his education.

He said his professor had previously worked at the Franconia Sculpture Park as a professional artist, and suggested that Tarnasky consider taking a student internship.

But Tarnasky only realized that it was something he wanted to do in 2013, when it dawned on him that his interest in art and sculpture had grown.

On his last day of the job, with a complete project under his belt, Tarnasky said it was fascinating to see people who came up and interacted with the piece.

"It was rewarding to see the curiosity, especially with kids," he said.

But the challenge of developing an idea from start to finish was the true lesson, Tarnasky said. He added the experience gave him a better understanding of how art works professionally, as opposed to a hobby.

"I knew it was going to be a difficult experience that needed hard work, but I was still surprised by how difficult it actually was," he said.

"It was definitely a learning experience."



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HOT PROFS



WITH

SEAN GOUGLAS

ASSOCIATE PROFESSOR IN HUMANITIES COMPUTING

From Gamers to Gamergate:  
Who gets to play?

JANUARY 29

5:30 PM

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\$5 • FREE FOR STUDENTS WITH STUDENT ID



# Program seizes int’l award, but faces risk of being cut

**Collins Maina**  
STAFF REPORTER • @COLLINS\_MANIA

A writing course at risk of being scrapped by the University of Alberta recently received high international praise.

Writing Studies 101 was recently awarded the Writing Program of Excellence Award 2014-2015 by the Conference on College Composition and Communication’s (CCCC). The U of A was the only Canadian institution to have received the award this academic year, and is the second Canadian university to have ever received the award.

▪ **“I think that we are the only university that is taking this kind of approach.”**

JON GORDON  
INSTRUCTOR, WRITING STUDIES 101

The first-year interdisciplinary studies course teaches students about writing techniques across various fields of study while giving them an understanding of the writing process.

Instructor Jon Gordon said the course takes a “writing about writing” approach that is unique to any other program in Canada and the rest of the world. This allows students to read composition theorists and study both research in writing studies and works by published authors.

“It is certainly rare,” Gordon said, “I think that we are the only university that is taking this kind of approach when it comes to a university course.”

He said the award is a “nice recognition” for the efforts of both the students and those teaching the course.

“I think that those of us who teach the course understand how rewarding it is for students, and how much students benefit from the course,” Gordon said.

Former Director of Writing Studies 101 Elizabeth Sargent said that this is the only time a course for credit has ever been recognized by the award.

However, she she hopes the award will help the university realize the value of the course and push them to support it more.

The course was commended for collaborating with stakeholders across campus including the bridging program for international students as well as integrating tutors from the U of A’s Centre for Writers.

But according to the award letter from the CCCC, Sargent said the selection committee had “hesitations” towards the reliance on contingent faculty and graduate students staffing the program.

The course is currently taught by academic staff who are on less than one year contracts, Sargent said. They may be full-time staff, but only for eight months.

“One of the things this allows the university to do is to quite easily eliminate the program at any time,” Sargent said. “So it is a really vulnerable program.”

Sargent explained how the course instructors read and respond to about two pieces of writing from 60 students per week, in addition to running two 30-hour-a-week conferences each term.

“These are some of the most hard-working and dedicated instructors I’ve ever worked with,” she said.

The course collaborates with the Bridging Program, which helps international students — especially those who are not native English speakers — to improve their skills in writing, she said. The program



**WRITING REWARD** A U of A course is the only Canadian program to earn this year’s Writing Program Excellence Award. CHRISTINA VARVIS

funds “almost half” of the writing studies programs, she added.

As a result of having non-tenured and limited full-time staff whose contracts run from September to April, the course has been unable to provide classes to Bridging Program students during the spring and summer months, Sargent said.

“The course allows (students) to get started (on writing) earlier as they learn how to generate ideas, and learn things they haven’t learned in other courses,” she said.

Gordon said the lack of having a continuous contract makes planning and preparing for the course more difficult.

“There is uncertainty in terms of the staffing,” he said. “We don’t know from year to year if there will be sections of the course, and how many sections there will be to teach.”

But it’s important to acknowledge that the university has supported the course by creating it, funding it, and keeping it going, Gordon said. Especially because it is a relatively expensive course to run — compared to other first year university courses — due to its 20-student enrollment limit, he added.

“The course is kind of precarious since there is no guaranteed funding for it from year to year,” he said.

On the other hand, Gordon noted that there is potential to grow the course due to high student demand for the course.

Gordon and Sargent both said they hope the recent award from the CCCC would help the university realize the value in supporting the course even further.

# Dalhousie community rallies against response to dentistry scandal

**Jennifer Gosnell**  
DALHOUSIE GAZETTE • DALHOUSIE UNIVERSITY

“Hey hey, ho ho, misogyny has go to go,” roared a crowd of about 200 people gathered at a rally Jan. 5 outside Dalhousie University’s Henry Hicks Building.

The rally targeted Dalhousie administration’s reaction to a misogynistic Facebook group made up of male dentistry students.

The rally came right after the announcement that Dalhousie University has suspended the clinical privileges of thirteen men in their fourth year of Dal’s Doctor of Dental Surgery program.

The men were suspended as Dalhousie’s ongoing response to complaints against the men’s posts in a Facebook group called the Class of DDS 2015 Gentlemen, where some of them posted comments about female classmates that included discussions of sexual violence.

The protestors rallied together against a lack of action on Dalhousie’s part and a lack of justice on the part of victims of the posts and survivors of sexual assault.

Dalhousie Student Union Vice President (Internal) Jennifer Nowoselski, spoke of her experiences witnessing harassment on campus.

“I cannot tell you how many students across various faculties come to the union with complaints of discrimination on a regular basis,” Nowoselski said. “I am enraged.”

“No options to address sexist comments? No options to address sexual harassment? No options to

address sexist treatment of women students? Out of justified fear, individuals cannot demand action to make them feel safe on this campus. There is no safe internal process available to our members.”

Board members of South House, a student-funded sexual and gender resource centre in Halifax, spoke at the rally. The board members voiced issues of concern about underfunding for their volunteer-driven services that are often turned to for support by people who have experienced sexual violence.

▪ **“I am enraged.”**

JENNIFER NOWOSELSKI  
DALHOUSIE STUDENT UNION VICE-PRESIDENT (INTERNAL)

Various survivors of sexual violence took to the megaphone to discuss the impact of their experiences.

One survivor said she was sexually assaulted by her dentist.

Others shared stories of going to Dalhousie’s offices to report their abuse and being met with blame or disbelief.

Nowoselski turned her questions to the Henry Hicks building itself, which hosts Dalhousie president Richard Florizone’s office.

“Through a media storm, voiced concerns through students and community members, a community-organized rally, petitions, a formal complaint from faculty, threats of losing funding, concern from the government, and with the entire country watching, you created a task force?” Nowoselski asked.

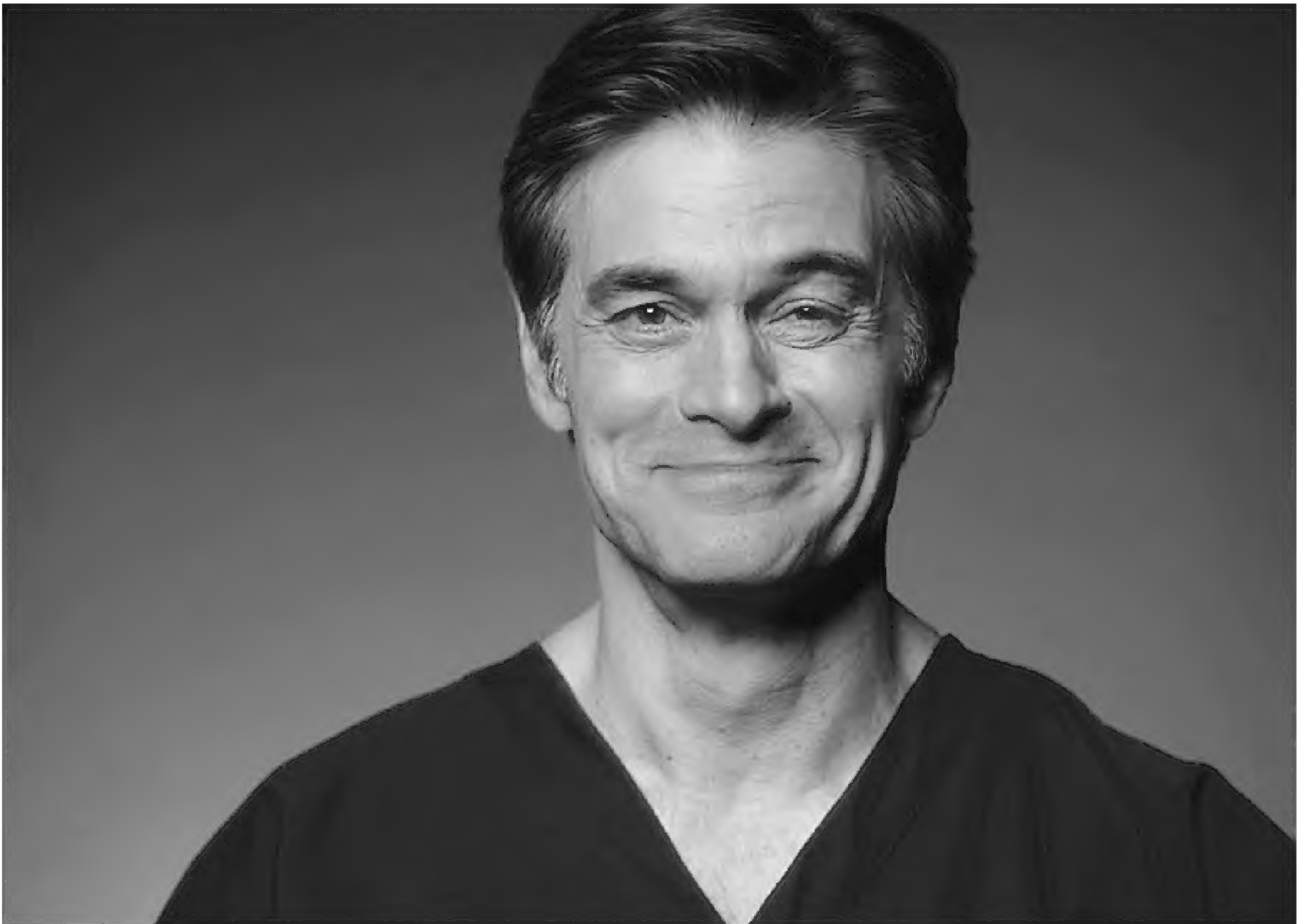


**RALLYING POINT** Hundreds of protestors rallied outside Dalhousie’s Henry Hicks building. JENNIFER GOSNELL





Enter the fifth dimension...



MEDICAL MYTHBUSTERS U of A scientists have disproved recommendations from Dr. Oz, (pictured) among others.

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## Dr. Oz, The Doctors debunked?

Researchers study recommendations given on popular TV medical talk shows

**Collins Maina**  
STAFF REPORTER • @COLLINS\_MANIA

A recent study by University of Alberta researchers suggests that we should be more skeptical about recommendations given on popular medical talk shows.

The investigation looked at recommendations from *The Dr. Oz Show* and *The Doctors* with the scope of finding evidence behind what was being recommended.

Mike Allan, a professor in the Department of Family Medicine, said there has been several occasions in their practice where a patient reports doing certain behaviours, such as diets or taking certain supplements, that was suggested to them on medical talk shows.

This often leaves physicians scrambling to find information that verifies what has been said on the shows, Allan said.

“Some of (the recommendations) we will have heard of, and some we don’t,” he said. “But there is a large chunk we hadn’t heard of.”

As a result, the team of researchers set out to evaluate the types of recommendations made, how much information was given to viewers and whether there was evidence behind the advice.

The research involved taping 80 different episodes of the two programs, followed by randomly selecting 40 episodes to review. Allan said that, of those reviewed, the average number of recommendations made on the showed were either 11

or 12.

“These are 11 or 12 things states that could be perceived as advice or suggestions for people to do things,” he said.

The researchers found that *The Dr. Oz Show* often gave advice concerning diet. Allan explained that the dietary advice might not necessarily be about weight loss, but things that are perceived to be beneficial for certain things such as preventing infection, or “making you healthy.”

However, the shows — particularly *The Doctors* — also suggest viewers seek a health care provider.

On *The Dr. Oz Show*, alternative medicine recommendations were not as significant, as the study revealed less than 15 per cent of the recommendations were alternative medicine-based.

But, the researchers primarily wanted to see how much information was given with a recommendation, and what evidence surrounds it.

Associate Professor in the Faculty of Medicine and Dentistry Christina Korownyk, the first author of the study, said it was tricky dealing with two shows, as they found that only half of their evidence supported the recommendations.

“There are a lot of ideas out there but what is the objective evidence looking at, what recommendations are being made, and what kind of information is being given on these shows?” Korownyk said.

Research showed only 54 per cent

of the recommendations given on the shows had some level of evidence to support them.

It was also observed that 14 to 15 per cent of the recommendations contradicted evidence, while no evidence could be found for 19 to 24 per cent of the suggestions made on the shows.

“There is a lot of speculation and rumours around these things, and we wanted to look at it from a non-biased view,” Korownyk said.

Despite this, Allan said that a lot of the shows provide expert opinions that are perceived by viewers to be evidence-based recommendations.

He said there may be a lack in research in some of the topics because certain areas, such as foods that help with memory or best times to jog for those with pollen triggered allergies, have not been explored extensively.

The research shows information on the reasons behind recommendations was provided 90 per cent of the time. But the possible harms, and monetary costs, of the recommendations were only mentioned under 15 per cent of the time.

“We are trying to inform people that this is about how much evidence supports the shows, we’re not trying to make a judgment on the shows,” Allan said.

“One of the things for people to do when they watch the shows is to recognize how much information you have been given, and the pieces that you haven’t been given.”



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# Opinion

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Hey volunteers, come by 3-04 SUB every Wednesday at 3 p.m.!

## EDITORIAL COMMENT

### Students need more than band-aid mental health “solutions”

THE UNIVERSITY OF ALBERTA ANNOUNCED TWO STUDENT deaths in October and November last year, both coupled with messaging pressing students to access mental health services. Though the university has never confirmed it in writing, the intuitive student body wasn’t misguided in assuming these “non-criminal” student deaths were suicides.

Following the announcements of these deaths, there’s been a marked upswing in rhetoric surrounding preventative mental health strategies on campus. We may not realize it now, but this rhetoric may be preventing us from saving more student lives.

These programs are incredibly important — they have, and continue to, save lives. However, urging universities to fund and students to access a myriad of mental health services distracts from the fact that university itself doesn’t foster an environment of mental health — if anything, the expectations placed on university students are only driving them to desperate measures.

We all know the most prestigious after-degree programs and jobs demand its applicants abide by beauty standards of busyness: unless you have the most extra-curricular activities and radiant transcripts, you need not apply. Being a good person is an asset — but make sure you back that up with a handful of glowing reference letters.

The culture around university rewards stress with social currency, too. Nights of zero sleep and days fuelled by caffeine pills are smugly worn like badges of honour. Hard work is good, we’re told, and it’s better to look panicky than lazy. Anxiety, depression and other debilitating mental illnesses are just a job hazard.

Unsurprisingly, university students suffer dismal mental health rates. In a 2011 U of A survey on mental health, 61.7 per cent of students surveyed felt “very lonely” in the last 12 months. A worrisome 34.3 per cent said they were “so depressed it was difficult to function.” 1.2 per cent attempted suicide. When extrapolated to reflect the entire student population, the report estimates that within 12 months of the survey being released, 426 students tried to kill themselves — almost enough to fit a CCIS lecture hall.

But considering the toxic culture of western education, why are these statistics shocking?

If the university’s Clinical and Counselling Services gets bigger, only more people will fill its seats — the behemoth that is student mental health issues won’t be “solved.” Proactive services simply provide a crucial resource for those who already need help, while some students too overwhelmed by their day-to-day responsibilities will never access these services in the first place.

Of course, this is just a reflection of the greater capitalist system that we live in. Almost everyone, save for the rare few who actually love their jobs, will nod their heads when you talk about the soul-sucking “culture of busy.” The institutions that mould the workers of the future for the job market (universities) are obviously going to groom their students for the parallel world outside of it.

The shift that’s needed in universities isn’t one policy or a new program: we need a flipping of the entire paradigm that Western civilization is built on. Sounds easy enough, right?

It’s likely that we’ll never see the entire overturning of university culture in our lifetime, but that doesn’t mean we can’t start making small impacts in our immediate community. Stop applauding your friends’ all-nighters if it leaves you with a bad taste in your mouth. Have conversations with your friends that are more stimulating and productive than comparing how many hours you studied this week. Be the one quiet voice that reminds your friend they’re a valuable and exceptional human in ways beyond what’s depicted on their transcript and resume.

The things that helped me more than a free yoga class in Rutherford or free granola bars in HUB were conversations with other people, specifically people who reminded me that I can still live a healthy and fulfilling life without abiding by society’s standards of “success.” This resonated exponentially more with me than any well-intentioned Post-It note on a bathroom stall telling me to “keep my head up” and keep studying hard. Learning that university and my future career aren’t the end-all, be-all to my life’s satisfaction made me realize that even if I study hard, I might not get an A or the career of my dreams — and that’s okay.

Suggesting people in a dark place simply shrug on a positive attitude to rid themselves of their mental health struggles is painfully naive, as it implies ill people have the power to cure themselves, and even that they got themselves in this situation based on their attitudes. They don’t and they didn’t.

What I am suggesting, though, is that we think critically about how we take our society’s definition of success for granted and reproduce it in our education system, to the point of driving people to their breaking points.

Flushing programs and initiatives with money is far easier than challenging the building blocks of our livelihoods. But, by placing our faith in Band-Aid solutions, we’re missing out on an important conversation — one that could save lives.

**Kate Black**  
MANAGING EDITOR



JESSICA HONG

## letters to the editor

### FROM THE WEB

#### Storm of e-cigarette controversy

Re: “E-Cigs banned in U of A buildings,” by Collins Maina, January 7.

If people understood the issue, there wouldn’t be calls for treating ecigs like tobacco. Thinking those using ecigs should be in smoking areas are anti-health

**Kent**  
VIA WEB

I’m confused why a great institution such as the U of A would restrict an individual’s freedom to utilize a product that can help them stop smoking. This is especially concerning given that there is no scientific evidence that vapor would harm bystanders in over 600 published articles.

As an alumni, my BScN gave me the skills to research credible evidence before forming an educated opinion as a responsibility to the public. Vaping is tripling the quit rate of patches/gum. Or smokers significantly reduce the number of tobacco cigarettes they smoke in a day. Maintaining nicotine levels in the brain & satisfying the physical habit are essential to reduce tobacco cravings.

Banning vaping is irresponsible & promotes tobacco addiction. It is clearly evident that those responsible for this decision were underinformed and/or misinformed. I would challenge those people to

utilize their resources at this institution and conduct proper research.

**Kellie Ann**  
VIA WEB

Apparently, they already did research and ignored it.

“According to Stack, the U of A has been conducting research on e-cigarette use and found insufficient evidence to determine any direct risks attached to their use. He said the university opted for precautionary measures as a result.

Prudent precautionary measures would be to inform that vaping is not smoke or tobacco and promote etiquette.

**Kent**  
VIA WEB

#### Remembering Carter Corrigan

Re: “Campus mourns dodgeball champ,” by Kate Black, January 7.

Great individual. Live big in heaven Carter, I know you will big guy <3.

**Mike**  
VIA WEB

### FROM THE ARCHIVES

#### Oil money influence shockingly seeps into the U of A

Well, well, well. Thank ou very much, Imperial Oil. It’s good to see that you’re willing to give up some of

your environmental blood money to fund research at a publicly-funded University (*The Gateway*, January 19, 1999). How many miles of roads did you have to cut in Northern Alberta to make that money? Or how many thousand spilled gallons of oil did you let leach into the soil? How many thousand tonnes of sour gas did you vent into the atmosphere, all for the sake of training a few more rig-pigs? Why isn’t there an oil company that spends a little bit of money researching new technologies? Wouldn’t it be an honour to be the first oil company to function completely independently of fossil fuels, because they had discovered, a cheap, clean alternativ to the black death? Why don’t you do that with your million?

**Mark Leboucher**  
JANUARY 21, 1999

Letters to the editor should be sent to letters@gateway.ualberta.ca.

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems hateful in nature.

Letters to the editor should include the author’s name, program, year of study and student ID number.

The Gateway has a brand new website and it looks snazzy as fuck. And fret not U of A students, for 3 Lines Free has returned to our new site. Please send me any haiku, confession, embarrassing secret, damning accusation or random thought that passes through your head. But as fun as all of that may be, don’t forget to write. Just no more weird erotica please.



# Someone like oil: the AB government's toxic relationship



**Josh  
Greschner**  
OPINION STAFF

Any therapist would say the Alberta government's relationship with oil is a toxic one.

The Alberta government is truly, madly, deeply in love with oil. I mean, you know how loyal the government is. It'll spend any amount of money on oil. It's very protective and it'll never let anything happen to oil. It'll do anything for oil.

But really, the government has been in denial this whole time. It refuses to admit that oil doesn't care about Alberta at all. Oil has absolutely no feelings for the government whatsoever. Yet in every budget that the government makes, how much is put aside for oil? Every time the government talks, how many times is oil mentioned?

I mean, I can see why everyone wants oil: totally hot... luscious... crude, but in like a down-to-earth, sexy way. I mean, I'm a total environmentalist, but I'd totally frack that.

But oil is crazy unpredictable, dawg. Oil will do whatever, whenever it wants, and the government will chase it and spend any amount of money to get closer to it. And then the government gets really frustrated when oil refuses to leave, like now, and the government tries desperately to get rid of it. What an emotional roller-coaster.

The government has a problem. Oil has basically cost the Alberta government \$500 million dollars.

That's how much the province's new deficit is. The government has kept pumping money into oil throughout the past few years, at the expense of funding towards important areas, including cuts to post-secondary education funding in the past few years. As a result of this, the government recently accepted the U of A's proposals to raise market modifiers that would increase tuition for Law students to \$15,995/year in 2018-19, and for MBA students to \$34,712.21/year by 2017-18. This is just too much. Not only is the government hurting itself, but it's also hurting the people it's supposed to help.

**Oil is crazy unpredictable, dawg. Oil will do whatever it wants, whenever it wants, and the government will chase it and spend any amount of money to get closer to it.**

Students have been really angry about this whole rising tuition situation, and have been reacting in the wrong way. 300 students even went to the legislature in November to basically yell at the government. But the government has feelings too and doesn't like being yelled at, which explains why the Legislature building's big front doors are no longer open to the general public.

I suggest we take the government out on a jovial night on the town to loosen up a bit. We can



SUPPLIED: ROY LUCK

dress like hipsters and go to the Buckingham. Thomas Lukaszuk would look great with a man-bun. Or we can go to Mixx, but someone would first have to tell Stephen Mandel that chains aren't allowed in most clubs anymore. The tab will be on us, the taxpayers. After that, we can jump from party to party like we just don't care! #noregrets!

Then after we get the government good and drunk, we could go to Steel Wheels, and who'll show up, but everyone's favourite, Students' Union President William Lau. He'll be friendly, kind, reassuring and trusting, and give the government a nice, judgment-free environment to express their true feelings, and not the bullshit

they say every night on the evening news. I suspect the government will just start talking about what's really been bothering them. With understanding rather than anger, we'll find out what the government really thinks about oil.

We need to break up this relationship before the government hurts itself and everyone else.

# Corporations struggling to reach youth through cultural appropriation



**Hannah  
Madsen**  
OPINION STAFF

A lot of us have those awkward relatives who try to keep up with current trends, but are obviously out of touch and unable to succeed. That uncle who's a bit too old to be cool but tries to use current slang, or that great-aunt who tries wearing booty shorts that only end up looking kind of out of place. Some companies nowadays are like those relatives.

Most recently, a lot of companies are getting on the "bae" train — trying to use the word "bae" in order to appeal to their ideal target demographic, consumers aged 13-24 who are tuned in to popular culture. Appropriating youth culture in an attempt to fit in, especially when it's on the part of a large company, is silly and just as awkward as when a person way outside the age range of the average youth tries to fit in — more often than not, they just aren't within the right range for the use of youth culture to come off as genuine and work most of the time. A corporation is a corporation, and it shouldn't try to act like a teenager. Everyone knows what's going on — that this charade of hip behaviour is an attempt to generate page clicks and a greater viewership.

Going back to the "bae" trend, all kinds of companies are trying to use the word to seem in touch, like when Burger King, Ragú and Hamburger Helper use

it on Twitter. But their attempts to connect with today's youth just sound weird instead of cool. Other slang terms have been picked up, like "bruh" and even "on fleek." There's even a Twitter account called @BrandsSayingBae, which highlights the prevalence of the term in marketing campaigns across Twitter and mocks companies who overuse it or use it incorrectly. Taco Bell's incoming CEO Greg Creed mentioned in a press conference that Taco Bell is trying to stay in contact with millennials, but then goofed when he said that Taco Bell is staying "on cleek" — screwing up the term he was trying to appropriate. All of this just makes the parties involved look foolish. "Bae" is a term for young consumers of popular culture, not a pasta sauce company trying to up their cool reputation.

Denny's is a clear example of a Twitter success story — a company that managed to pick up on the idiosyncratic, shortened tone of the tweet in a wonderful way while clearly not pretending to be anything other than what it is: a restaurant with its own distinct identity. This is helped along by the occasional promotional tweet regarding a new sale or product. These flashes of genuine marketing help Denny's to stay authentic, rather than exemplifying a brand that goes out of its way to jump on a seemingly cool bandwagon symbolized by contemporary slang rather than hammering out a distinct identity of its own.

Other brands should take a page from Denny's playbook and their advertising approach— instead of trying to appropriate

contemporary slang (and misusing it) in an effort to rise to trendiness through viral and largely effortless means, they should embrace the unique voices and modes that each type of social media allows for on the Internet.

**Appropriating youth culture in an attempt to fit in, especially when it's on the part of a large company, is silly and just as awkward as when a person way outside the age range of average youth tries to fit in — more often than not, they just aren't within the right range for the use of youth culture to come off as genuine and work most of the time.**

Twitter, depending on who is tweeting, is at turns funny, random, silly, weird and serious, an eclectic mix that Denny's has successfully incorporated into its Twitter persona. If brands did the same across the board while staying genuine to their messages and their product, they would come across less like a weird older relative trying to fit in and more like someone trying to genuinely connect with their audience, and maybe they would be a little more successful while doing so.

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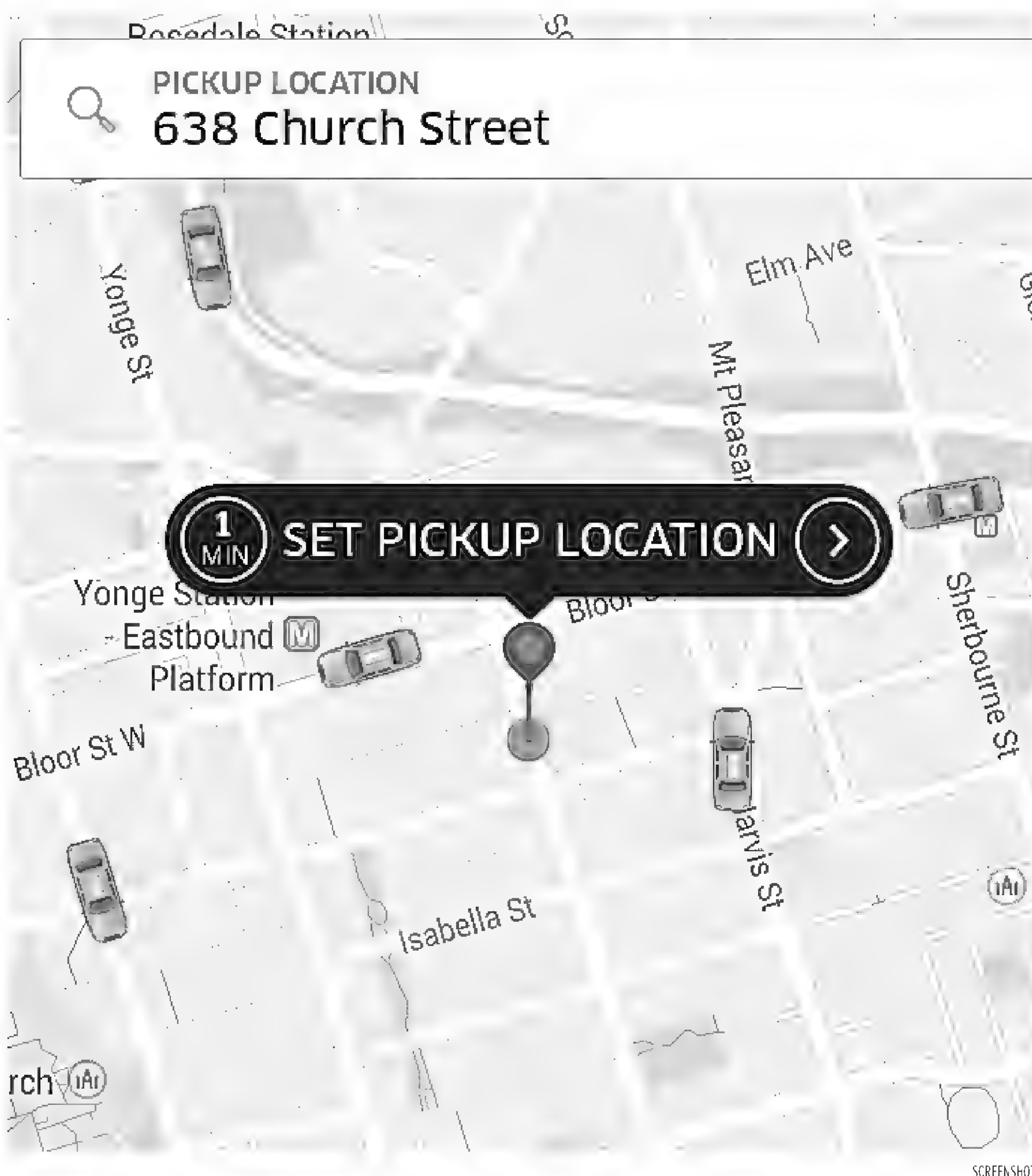
@RickyShucks lol bruh @TacoBell social networking is on point

7

42

SUPPLIED





## ‘Bandit taxi’ company Uber brings controversial new option to city



**Nelson Nolan**  
OPINION STAFF

With the tap of an app, Uber’s driving service has spread from city to city.

Across a variety of countries around the world, officials have been contra to the mantra and the competition has been tough to swallow for the sinking services of traditional taxi cabs. Slate writer Alison Griswold encapsulated Uber’s year when stating, “2014 was the year Uber expanded aggressively and pissed off just about everyone.” The company, which was founded in 2009 in San Francisco, is worth \$40 billion and operates in 250 cities in 50 countries. Now, Uber has paved its way into Edmonton via its Internet interface, but is currently considered a “bandit taxi” by the city’s director of licensing and vehicles for hire. Uber drivers will be fined \$1,000 each time they are found in service. Is this policy simply a Band-Aid ban on the principle of precaution? Or are there other reasons for which the city would be disinterested in allowing the service?

It’s unlikely Edmonton is protecting the traditional taxi-cab, as it has little presence in this city compared to other major cities such as New York and Paris, where unions have staged protests arguing that Uber bypasses much of the security measures used by larger taxi companies. Edmonton is currently lacking in supply of taxi services, and the industry has been the subject of talks and negotiations by mayor Iveson in order to match demand.

But there have been protests by traditional taxis culminating with official complaints to city council by the Edmonton Taxi Service Group. This could appear as either a smear campaign to save face from the industry takeover by a more innovative and cheaper transportation means rather than having to pimp their own rides, or they could be legitimately concerned for taxi service patrons.

It appears that either way, there is room for competition. The lack of taxi supply has left a hole in service accessibility late on Friday and Saturday nights when public transportation is no longer available and people are too inebriated to drive or find a safe way home. Whether or not one would feel safer being picked up in the Oldsmobile Silhouette minivan of an Uber driver or catching a ride home with another complete stranger in a Turbo Dodge Caravan, Uber has stated that “unlike the taxi industry, our background checking process and standards are consistent across provinces and often more rigorous than what is required to become a taxi driver.” The safety of passengers has been conflicted by reports of sexual assault and rape by Uber drivers in cities such as Boston and Mumbai where the service has now been banned.

There are certainly benefits to Uber coming to Edmonton so long after most major cities, as experimental policy has allowed City Council to gauge the safety and operating ability of the company. The controversy mostly centres around the nature of such service apps which create a platform for average citizens to exchange services without abiding by the official checks and balances of a normal company. This creates uncertainty

of pricing arrangements for people before they think about using the service, which counteracts the perceived affordability in comparison to a traditional taxi, particularly on nights such as New Years Eve, when people depend on services that relinquish their hands from the driving wheel. Uber has come under fire for surge pricing, when demand sky-rockets during peak periods of use, or in the event of inclement weather, users can see price increases of up to seven-fold. However this same algorithm also benefits consumers through dynamic pricing, meaning the less the service is demanded, the less it costs. Were these prices negotiable with the driver, it would make the freedom of an app decided to connect transporters similar to other web domains such as Kijiji or even Ebay. But Uber is much more like a corporate hybrid who looks to take advantage of new technology and also its workforce.

What sort of benefits does Uber create for the laissez-faire layman? For the most part, it appears that Uber is not procured to offer their employees the same sort of benefits as any other company would on the basis that it acts as a domain for drivers to be individual entrepreneurs. This means many of the burdens are rested on the employees including costs of petrol, car depreciation and receiving few benefits apart from the freedom of work schedules.

Despite Uber’s epic and perhaps hyper inflated rise, they cannot yet be named the Robin Hood of transport, but they are certainly an innovation in an industry saturated by old players where abatement of certain regulations might be the only other direction to avoid claims of crony capitalism.

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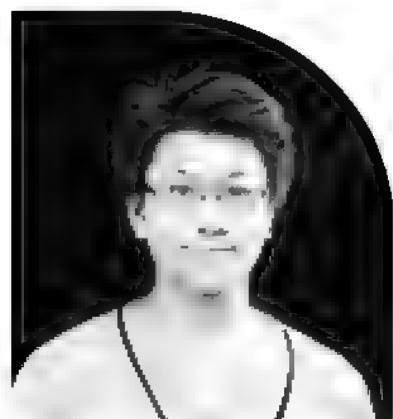
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## Raising a pen for Charlie Hebdo loses sight of situation's tragedy



**Nathan Fung**  
OPINION STAFF

Last week, 12 people were killed when the offices of French satirical magazine *Charlie Hebdo* were attacked by two gunmen. Ostensibly, it seems the motivation behind the attack was the magazine's cartoons depicting the prophet Muhammad. It was a brutal incident that had no trouble garnering worldwide attention.

Plenty of people are saying plenty of things about the attack, but what managed to get my interest is the symbolism of the pen that has re-emerged from it. People are flocking to rallies and social media to raise a pen in solidarity with the victims of the attack. In many of the cartoons being drawn in tribute to *Charlie Hebdo*, the pen is depicted as a

powerful and effective weapon against terrorism and oppression, a weapon that terrorists cannot hope to defeat with threats or attacks. All of this feeds into a familiar narrative that the pen is mightier than the sword.

On the one hand, it's important not to let violence and intimidation silence the press, and the spread of ideas through writing and literature has helped lead to the downfall of tyranny and oppression in the greater scheme of history. I don't dispute these important things, but I feel that narrative overlooks the tragedy of the situation.

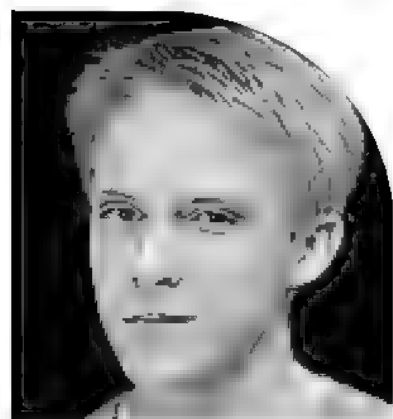
We may not be silenced, but that doesn't change the fact that 12 people were murdered. The attack on *Charlie Hebdo* is a sobering reminder that in the short run, the pen is a tool, not a weapon, and it won't save your life from the guy with the sword — or gun, in this case. Words may outlive you, but for the man wielding the gun, this matters little. As we can see, the pen isn't the only tool capable of

effectively conveying a message.

Sadly, this is the kind of world we still live in. One where saying something someone else doesn't like can be a good enough reason to get you killed. People shouldn't be murdered for things they say, but that should be obvious.

What's important to remember is the reality of this attack. It may be shocking that something like this could happen in the west, but it's worth remembering that in other parts of the world, such atrocities are a more common occurrence. Being a journalist in Russia who says unflattering things about Putin could land you in a hospital with a nasty case of radiation poisoning. Being a journalist in Egypt could land you in jail after subjecting you though a mockery of a trial. Being a blogger in Saudi Arabia could get you flogged. The murders in Paris are just one piece of this grim and depressing picture, a picture where freedom of speech is a luxury that comes at a cost. In this case, the cost was 12 lives.

## Public shouldn't influence Dalhousie's decision



**Graham Hornig**  
OPINION STAFF

Dalhousie University has faced a barrage of criticism over their decision to discipline 13 dentistry students who posted misogynistic and hateful comments about their female classmates to a Facebook group.

While the university is still working through its own process regarding the situation, the outside world has taken it into their own hands to demand their own idea of discipline be applied to these students. Through numerous petitions, editorials and online posts, people have suggested expulsions, public shaming, criminal charges and even encouraged potential vigilante vengeance in the name of the fight against misogyny. Everybody feels they're in the right with their suggestion, but they're overlooking one key factor: it's not up to anybody but the university to decide justifiable disciplinary action for their students.

We should all oppose misogyny and the ideas these students' comments portray. It's barely worth arguing this point — the disgusting frame of mind these students reflect has no place in our society, let alone among healthcare professionals. If you look at any university's code of student conduct, it's guaranteed to include principles such as honesty, respect and non-violence. When students break this conduct, it's up to the university to take disciplinary action.

If a group of students were caught cheating on an exam, it would be up to the university to deal with them accordingly. We would expect they follow the rules of conduct they've set to deal with the students in question. The identities of the perpetrators and their punishment wouldn't be the business of anyone else who caught wind of the scandal.

Why do we see this situation differently? What likely plays a big role in this is the recent numerous university scandals across Canada claimed as examples of a "rape culture" that exists in universities. But it's not clear whether the context of the situation puts the decision out of the hands of the university.

The severity and implications of this scandal might be greater than that of a cheating scandal, but then these issues can be addressed separately.

If there was indeed harassment of certain women in this case, then that can be taken up as a separate issue. If there were other illegal activities revealed through the group, then again, these can be addressed separately. And if there were things that are neither illegal nor against the code of conduct and expectations put in place by the university, then no action should be taken. Whether certain policies need revision might be a valid question, but either way, these decisions are not up to the will of a vicious mob whose only context of the situation comes from a few screenshots and a few potentially sensationalized articles.

People selectively put their faith in the established justice system only when it suits their needs. When they disagree with the established process, they advocate for exceptions to this process. If there's a problem with the system, then advocate to change the system — not to oppose the system's decision.

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Monday, January 26  
**Gwynne Dyer**  
"The New World Disorder?"

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VUE WEEKLY, G SA, OTV, HUB Mall, gateway



# A serious talk about our most popular breakfast food

Cereal is the simplest option for students each morning



**Zach Borutski**  
POINT

I'm a fan of keeping things simple, and cereal is pretty much as simple as you can get. It's comforting and easy to make, and the fact that I can make it easily despite having the work ethic and cooking skills of a door-stop is a testament to how integral cereal is to our lives.

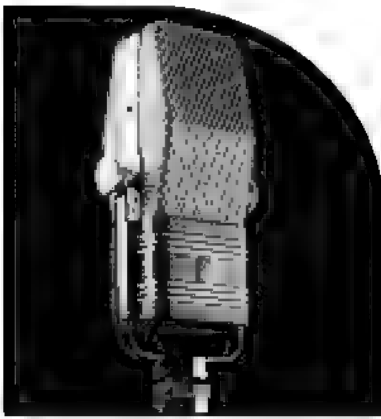
Just think how many college kids would go hungry if cereal didn't exist. It's basically the breakfast equivalent of ramen noodles,

essential to its meal. Eating cereal out of the box is a therapeutic exercise in laziness, almost on-par with eating ice cream straight out of the tub, except without the assumptions that you've just been dumped in a particularly tragic manner.

It works well for people who are more concerned with being healthy, too — just add a garnish of fruit and you've got yourself a breakfast that won't invade your arteries and cause you to kick the bucket at 55 years old. Cheerios with a banana is one of life's great simple pleasures that everyone must experience at least once in their life. It's easy, it's healthy (Reese Puffs notwithstanding), it'll lengthen your lifespan. If you hate cereal, you hate being happy, and that's just not cool.



## Stop cheating yourself and settling for an inferior breakfast



**Jon Zilinski**  
COUNTERPOINT

Most people in 2015 don't eat breakfast daily. That's just a plain fact.

The proclaimed "most important meal of the day" is quickly becoming a dying art. Due to this sad truth, the dwindling number of breakfast purists unanimously agree that breakfast should be treated with the utmost respect and as an art form. So when preparing a delicious and nutritious breakfast, cereal should absolutely be out of the question.

No other food represents the epitome of laziness and mediocrity in the breakfast food community like cereal. If one chooses the route of cereal, they're simply cheating themselves out

of the seemingly endless combinations of eggs, bacon, sausage, ham, pancakes, waffles, French toast, fruits, syrups and goodness. All for what? Cheerios? You've got to be kidding me.

**No other food represents the laziness and mediocrity in the breakfast food community like cereal.**

Sure, the argument can be made that cereal is quick and easy, but you know what else is quick and easy? A prostitute. The idea that forgoing the awkward steps of a relationship, in order to have sex with a complete stranger is tabooed, while cereal rarely catches any societal criticism is absolutely rubbish.

The rest of society needs to wake up. Literally wake yourself up 20 minutes earlier each day and make yourself some goddamn bacon and eggs.



WILLOW ALSTIN

### Guidelines for Critical Thinking

when ...

- talking • reading • blogging • writing • living

4

- justify your answers with text evidence *because...* and examples from your life/world
- agree and disagree with other and authors
- ask questions of others and authors
- complete sentences, correct punctuation/capitals

3

- agree and disagree with others & authors
- justify your opinions, tell why you agree & disagree
- speak & write in complete sentences

2

- answers questions but not justify them
- agree & disagree but you can't tell why
- incomplete sentences, incorrect punctuation

1

- does not contribute to the conversation
- does not share your thinking
- does not agree or disagree with others

**Justify:** to defend your thinking by showing & telling with examples & evidence.

## Disagree?

Write your own opinion.

**gateway**OPINION

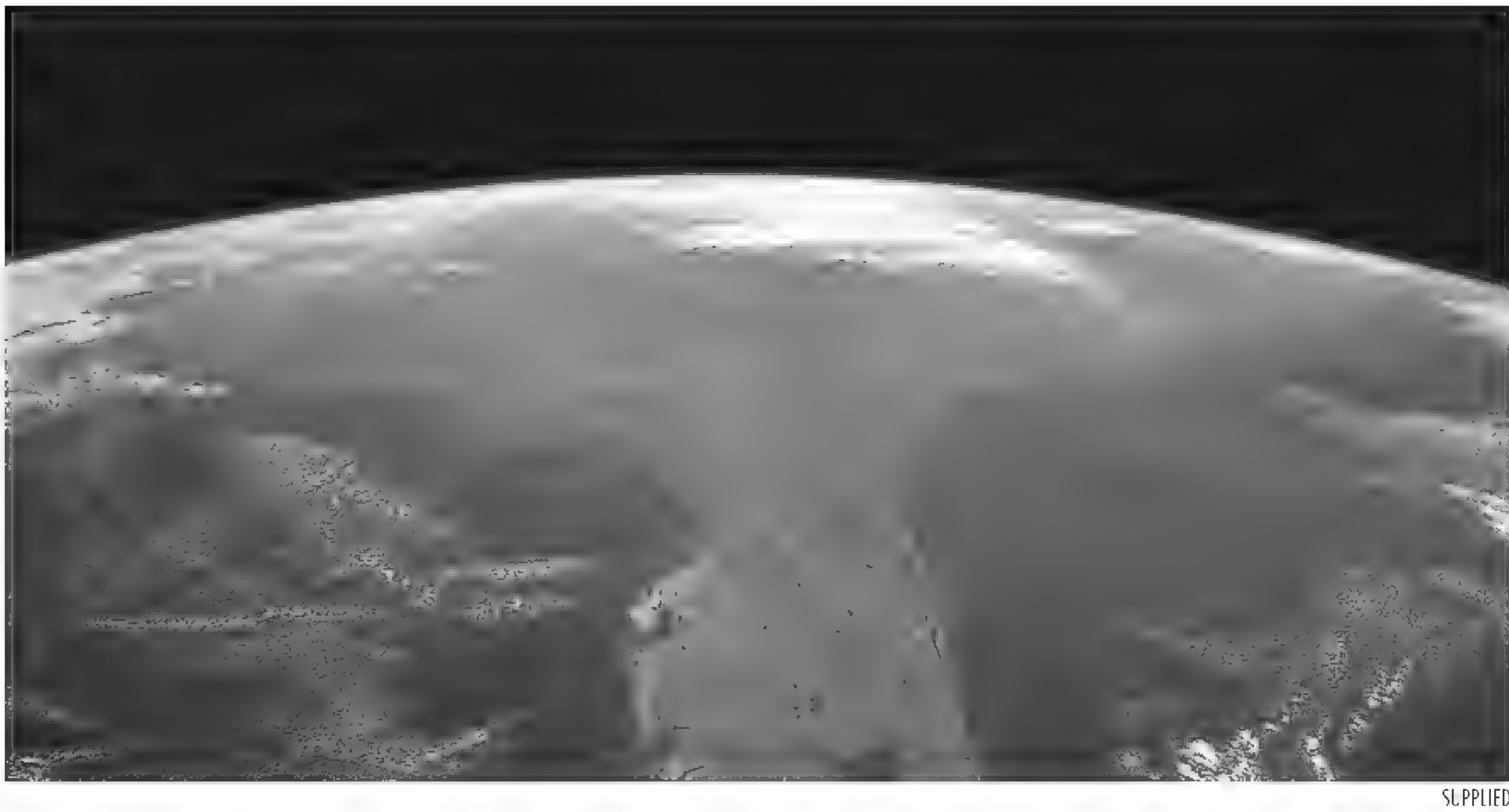
STUDENT OPINION COLUMN  
MEETINGS: 3-04 SUB  
AT 5PM ON WEDNESDAYS

**WHO TAUGHT YOU HOW TO  
SPORTS SO GOOD?  
YEEZY TAUGHT ME.**

**gateway**SPORTS

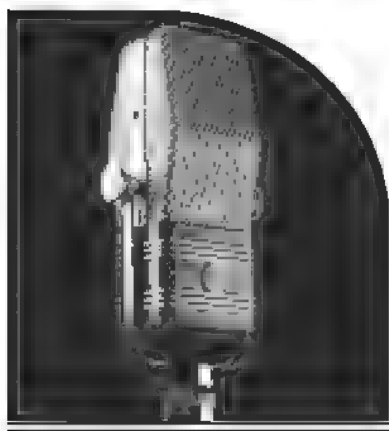
VOLUNTEER MEETINGS AT 3-04 SUB  
AT 5PM ON WEDNESDAYS.





SUPPLIED

## What to watch on TV as the fiery depths of hell rise and engulf us all



Opinion  
Staff

GROUP COMMENTARY

A video recently leaked on the internet showing what Ted Turner planned to broadcast on CNN during the 1980s in the event that the world was coming to an end. The solemn, creepy video simply shows a marching band playing a song to send us all off into the ether.

Well that sounds boring and much too sad. So we at *The Gateway* asked ourselves what we'd like to watch on television instead when everything comes crashing down around us.

### Zach Borutski

If I knew that the world was going to end, I would want the video sendoff to be a fitting tribute to the events that are unfolding. That's why I'd want the music video for "The Final Countdown," by Europe to play. It just makes sense — I mean, the end of the world should be considered an epic event, even if it means humanity being wiped out. There's no song more epic than "The Final Countdown," and no song more fit for the task of ringing in the end of the world in style. Just listen to the synth riff, if that doesn't get you fired up, you're probably already dead.

The image of everyone banding together all around the world, watching this music video and waiting for the end would be a sight to behold. It also fits if there's a plan to evacuate Earth, considering the song espouses the benefits of leaving Earth behind us and blasting off into the solar system — although I'm not really sure how plausible a manned expedition to Venus is.

Nevertheless, 80s classic "The Final Countdown" would send us all out in style and give us a catchy riff to hum while we're waiting to be consumed by fire.

### Jon Zilinski

In the midst of the chaos and confusion that the world would be facing at its end, there's no better time for televisions across the globe to be broadcasting Adult Swim's *Too Many Cooks*. At first glance it just seems like some sort of elaborate 11-minute parody of open credits from '80s and '90s TV sitcoms. But *Too Many Cooks* shares a deeper story of humanity past the first few opening minutes and upon consecutive viewings. At its full effect, the parody becomes a reflection of humanity. Our mundane, trivial existence is represented

in the first few rounds of opening credits where we meet each loveable family member in a seemingly endless cycle of repetition — death and its surrounding darkness marked by the cannibalistic serial killer knocking off family members. Finally, we arrive to salvation by Smurf pushing what appears to be a reset button, reincarnating all of the different shows' cast members into existence in a single set. It's not quite heaven, hell or purgatory, but the parallels to each can't be ignored. Those who didn't quite catch the point of *Too Many Cooks* during the peak of its popularity may find its themes soothing at the world's end.

### Hannah Madsen

If the end of the world is nigh, I would like to go out listening to *The War of the Worlds* over my TV or radio. Not the terrible movie with Tom Cruise and Dakota Fanning, but the original radio show directed by Orson Welles in 1938 that inspired widespread panic when it was broadcast, and made people think that Earth was actually being invaded by Martians. Broadcasting this show during the actual apocalypse would be at times hilarious, apropos and poignant, like the boy who cried wolf 40-plus years early, and a wonderfully ironic reminder of that time we thought the world would end and didn't, later to be undone by time and whatever happens to be our downfall. Additionally, the show would inspire a wonderful sense of nostalgia that would just be the icing on the cake and help the world go out in style.

### Trevor McPherson

As the world crumbles around us in our final moments, I want to remember humanity at its best. Human ingenuity has gifted us with the Sistine Chapel, the Mona Lisa and the Statue of David. But the pinnacle of human creativity is undoubtedly Michael Jackson's music video for "Thriller." Werewolves, zombies, the greatest dance move of all time, red leather pants and MJ in his prime — "Thriller" had it all. It brings me back to a simpler time, before Neverland Ranch and baby dangling, when the king was the king. I'll leave this world practicing my thriller moves, comforted by 1980's nostalgia.

### Maggie Schmidt

If the world's ending and I'm still sitting on my butt in front of the television, I'd be hoping for some sweet footage of nature. Something like *Planet Earth* with the narration

turned off, so all that you can see is beautiful, uninterrupted shots of birds flying through the trees and waterfalls and all of the things that I'd clearly never get to experience in person.

Preferably, it'd be shown with maybe some soulful piano music, but certainly it would have to be without any science commentary because nobody wants to learn stuff right before they die. I can think of nothing I'd rather see before meeting my fate. It's been scientifically proven that images of nature tend to relax people and make them feel happier (this isn't class, I don't have to cite this shit, just trust me), so why would you want to keep anybody from experiencing something peaceful right before the end of the world?

Earth is a big planet. It's impossible to see all of its beauty on your own. But thanks to people who have travelled to and filmed the coolest spots on the planet, you can witness all of the beauty without having to go outside. Which is probably a good thing, because there's a possibility that going outside during the apocalypse might actually kill you. Obama and Harper take note, when the world ends, the best choice for a final broadcast is footage of nature.

### Nathan Fung

Ok, assuming that the world was about to end didn't reduce me, or everybody else in the world, into a sobbing emotional mess and assuming that instead of spending time with my friends or family on the dawn of this very sad event like a normal human being, I'd choose to squander the few remaining minutes of my life watching TV, I think that there would be no better time to show a goddamn sense of humour. What better way to do that than with a video of Tom Lehrer playing "We Will All Go Together When We Go," a tongue-in-cheek song celebrating our collective obliteration.

Not only is it hilarious, but for those incapacitated by anxiety on their imminent destruction, it could honestly help them realize that maybe the apocalypse isn't so bad. After all, "there will be no more misery when the world is our rotisserie." It might actually help people realize in their final moments that it's not just their existence coming to an end, but they can rest assured that we will all face oblivion together. Besides, it's not like there will be anything left in the world worth living for once the apocalypse comes. We will all go together when we go, and yes, "what a comforting fact that is to know."



## ALUMNI ASKED & ANSWERED

with

Dan Riskin

'97 BSc

### Current Occupation:

Co-host of Daily Planet on Discovery Canada

### What do you miss most about being a U of A student?

I miss having the metabolism and alcohol tolerance of a 20-year-old.

### Favourite campus memory?

One day in third year I had a sinus headache. I'd had my wisdom teeth removed two days prior. I was studying a bear skull in the Rowan lab in biomed when the pressure in my head suddenly forced mucus down through the hole where a tooth had been. I held my lips shut as the fluid filled my mouth, and then ran out to the hallway just in time to spit the overflowing bacteria-laden, foamy green sludge into a water fountain. It smelled horrible. It tasted worse. I found out later that it's dangerous for that to happen as it can cause horrible infections. Fortunately it did heal, but wow. That was a crazy day.

### What's the one piece of advice you'd give a current U of A student?

Following your own curiosity isn't a distraction from "real work." You can build a whole career on that.

### If you got one university do-over, what would it be?

I should have gone to that Radiohead concert at Dinwoodie. I even had tickets. I don't know what I was thinking.



Buy your ticket now to see Dan Riskin during Green & Glow Winterfest Jan. 29, 7pm, Convocation Hall.

uab.ca/winterfest

UNIVERSITY OF ALBERTA  
ALUMNI





# A Beginner's Guide

## WHAT IS "THE MUSIC SCENE?"

The intricate network of musicians who get together and provide the city with fresh and exciting beats in Edmonton is growing. This is regarded as "the music scene."

Craig Martell, part-time comedian and full-time owner of Edmonton's Wunderbar, figures there are a few thousand bands in Edmonton.

"Some are friends. Some aren't. Some know each other, some don't," says Martell.

Based on sheer numbers alone, there's definitely something in this city for everybody to enjoy. So what makes Edmonton's music scene so great?

Dan Lenz, the man behind concert promotion company Blurred Lenz, says Edmontonians are open to and supportive of new ideas in music – an uncommon attitude that allows the variety of genres in the city to thrive.

"Because of that, I think there is a commonality that transcends the different pockets in the scene," he says.

Whether you're a metal-head or a folk junkie, odds are you'll be welcomed with open arms into the music community. Unlike other cities where bands may try to cut each other down, Edmonton musicians have a reputation for supporting one another.

Beyond music, there's a lot that draws people together into a community, says Dean Kheroufi, of a dozen bands including N3K and Layton Kramer.

"We live in a province where we could easily make more doing something else with little to no education, so there's a real community that's formed around us choosing to play music and be 'poor,'" he says. "Edmonton's music scene is great because of how supportive it is."

## WHAT GOES INTO PUTTING ON A SHOW?

When a band first decides to throw themselves into the scene, it can be difficult to get started. Usually, the best place to start is with a promoter, either from a fitting venue or freelance.

"I need to hear them, I need to see what they use for internet promotion and know what show history they've had. I need to see a picture. Any of these things can make me not book a band," says Martell.

Once it's been decided that a band is ready to perform, the real work begins. According to Lenz, there are eight major steps to ensure an event runs smoothly: the venue needs to be booked, the bands need to be finalized, a sound tech needs to be hired, a poster needs to be designed, an event page needs to be created, the show needs to be promoted, tickets need to be sold, and someone needs to manage the show on the day-of. Typically, the promoter handles or delegates these responsibilities.

What's the work you can do as a band to guarantee a successful show?

"It seems like a no-brainer, but you should try to write some good songs," says Travis Sargent, frontman of the Edmonton psychedelic band Betrayers. "Save your pennies and make a decent recording. If you're serious, release it on vinyl. If you're broke, release it on cassette. Nobody wants your fucking CD."

Sargent says it's not hard to quickly build a following once you win the audience over.

"The more connected to you people feel, the more they'll want to support your work," he adds.

If you're solely a music enthusiast, you can help ensure the success of a show by discussing it on Facebook, purchasing tickets in advance, or just by showing up.

## WHAT'S THE BIG DEAL WITH POSTERS?

Posters can be found on lampposts, walls, bulletin boards, as cover photos on Facebook, bathroom stalls, and literally any other flat surface that promoters and bands can find to post them. But what makes them so special? Posters are the ideal marriage of a traditional fine-art medium and music – a physical copy of the best night of your life. It's also key for promoting an upcoming show.

"Someone walking by should be able to see the bands, date, and venue without having to do too much squinting," says Sargent, who also designs posters for many different shows throughout the city.

Whether or not you're paying too much attention, posters for shows are designed to give you an idea of what kind of music to expect.

"I usually listen to the bands who the poster is for while I'm designing it and just go with whatever it makes me feel," Sargent says. "Just as punk bands conjure up certain imagery, so do country or garage rock or psych groups, so you want something that represents the sound of what the concert is gonna be like."

If you have a passion for music but only a knack for graphic design, designing posters for a show may be a good option for a hobby, but it's not something you should try to pay rent with. Most of the people who approach Sargent for design work are friends, so he's usually happy to do it for free entry and a couple of beers at the show.

If you do charge a fee for poster design, Sargent emphasizes that it's important to keep the price reasonable.

"None of us are getting rich from any of this," he says.

Since show posters can be both an art installment and a sentimental artifact, it's no wonder venues and art galleries alike tend to keep them on display or occasionally have poster sales.

## HOW CAN YOU FIND OUT ABOUT UPCOMING SHOWS?

Other than the expertly-crafted Social Intercourse installment of The Gateway which usually previews one or two concerts, there are several ways to find shows for yourself. One of the easiest and most overlooked ways to find out about upcoming concerts is to stop and look at the posters all over town, as previously addressed. Additionally, Blackbyrd Myoozik keeps a chalkboard list of the upcoming shows that they're selling tickets for. Websites like yeglive.ca work as a calendar for different shows around the city.

If you've taken a liking to any specific venue or local band, most have their own Facebook page, Twitter, Instagram, or website where you can find out about all of the upcoming shows as well as exciting last-minute changes to a show's lineup.

Facebook is also a great place for social networking with like-minded enthusiasts. With groups ranging from genre-neutral such as "Edmonton Music and Live Events" to very specific such as "Metal Alberta" and "Hip Hop Artists of Edmonton," there's seemingly endless ways to find a community that is as passionate about local live music as you are.

Regardless of whether you're a musician or if you're just passionate about music, there's something for everyone in Edmonton's music scene. As Dan Lenz puts it, live music is an ingrained part of Edmonton's culture.

"Many grew up on it and their passion has been infectious to others," he says.

Even if you're completely new to the scene, it's easy to get involved and find yourself having to decide between multiple good shows on most given nights of any given week, and that's pretty awesome. So get out there and get involved in Edmonton's music community.



**D**o you have a band but have no idea where to begin booking shows? Do you have painfully boring weekends and some extra cash? Do you want to feel connected to the city in more ways than through the U of A? There are many reasons why you should be stoked about the music scene in Edmonton, but a lot of people aren't sure where to begin. Here's a handy guide to help you figure out the basics of the local music scene and how to get involved.

## WHAT IS CONCERT ETIQUETTE?

Unlike traditional etiquette, which has a set of rules which you must never break, it's a lot more lenient within the music community.

"There isn't a list of show faux-pas, and it doesn't mean no socializing," says Craig Schram of the 2014

Edmonton Music Prize-winning band The Provincial Archive. "Music brings people together for all sorts of reasons, and everyone should feel it the way they want to. Just look around you, and don't be a slob about the whole thing."

"Be mindful of the room," Jesse Northey of indie-rock favourite Jesse and the Dandelions, adds. "If it's supposed to be a quiet, listening show, be quiet and listen. If it's a rowdy punk show with a mosh pit, join in but respect peoples' space and pick up anyone who falls down."

It's important to be respectful to each other in the crowd as well. Don't flail your arms carelessly if you keep hitting the person standing next to you in the face. Try not to drop your pint glass on the floor. It's usually not a good idea to shout out a conversation when you know that the band playing is whoever-is-standing-behind-you's absolute favourite.

"For people going to shows, regardless of the show, venue, and the band, being respectful of others at the show, and the musicians, is how to roll," Schram says.

"Just don't be a jerk," Northey concludes.

## WHERE ARE THE VENUES?

There are a handful of different venues around the city, with more consistently opening up every few months or so, while others occasionally become distant memories. Here's a quick overview of just a few of the venues around Edmonton:

### Wunderbar (8120 101 Street)

Wunderbar has definitely been a staple in the Edmonton music community for the five years that Craig Martell has been running it. With such a small room and the endearing motto "Life is too short for Top 40. Life is too short for factory art. Life is too short for shitty beer," on their website, it's no wonder Wunderbar stands as the mecca for underground music. Many of Edmonton's great bands started here, including the up-and-coming indie-rock troupe Consilience.

"Hopefully Wunderbar stays afloat forever. That place has helped so many bands grow, and it's really been the hub of all this positivity," says Consilience singer/guitarist Tasy Hudson.

**84**  
capacity

### Artery (9535 Jasper Avenue)

The door to the Artery looks like a sketchy red door into a dive bar to the untrained eye. But, like Narnia being hidden in a wardrobe, the inside of the Artery is easily the most aesthetically pleasing combination of an art gallery and a music venue. With an exceptional selection of craft beer and the occasional grilled-cheese night, it's as much of a treat for your taste buds as it is for your ears. The Artery is a great mid-sized venue with reasonably priced tickets and is a great place to see touring bands from around Canada play with your local favourites.

As owner Philip Muz succinctly puts it, "the Artery is a unique and inclusive multidisciplinary art, music, and performance space driven by community and a vital part of our local arts and culture."

**149**  
capacity

### Pawnshop (10551 82 Avenue)

Settled in among all of the hub-bub of Whyte Avenue is Pawnshop. Although it's called "Pawnshop," it's definitely not the place where your weird uncle bought a lampshade that smells like stale cat pee. Rather, it's a midsize venue featuring everything from local metal bands to national dance-pop acts. With a nice backstage for bands to hang out, it's a great venue at which to attend or perform. Open Friday and Saturday nights, Pawnshop is definitely a good place to catch a show without risking sleeping in past your first class.

**275**  
capacity

### Starlite Room (10030 102 Street)

Starlite Room is the ideal venue for a classic concert experience and is typically reserved for large, out-of-province or even international acts. With an angled floor so almost everybody gets a view of the stage and three bars conveniently placed in different proximities to stage, you get to decide whether you're dancing at the front or saving your hearing at the back. Although it's a wonderful venue for live music, it's not necessarily the best place to fall in love with the local music scene.

"Currently there isn't a band that can regularly fill the Starlite Room. I hope that is something that will change," Lenz says. "Be it less bands moving away or just someone that captures audiences."

This is, of course, not an all-inclusive list. There are several other music venues around the city, with loads more once you include bars that feature musicians on a weekly or monthly basis, including the all-ages favourite Cha Island and the rapscallion bar Black Dog.

**400**  
capacity





# Arts & Culture

## social intercourse

COMPILED BY Maggie Schmidt

### Dark Matters

Telus World of Science (11211 142 Street)  
Thursday, Jan. 15 at 7 p.m. – 10 p.m.  
\$14 in advance, \$20 at the door

Science and alcohol always go hand-in-hand, so treat yourself with a boozy night at the Telus World of Science. It's adults only, which means you can learn cool science without screaming babies distracting you. The theme is "dark," featuring activities such as painting with light, changing the colour of flames, backyard astronomy and a seminar on how glowsticks work. There's going to be music, a cash bar and access to all of the permanent exhibits. For \$3 more, you can get access to the Indiana Jones exhibit, which has a ton of props and real archaeological artifacts. Basically, there are only good things about this night and anybody who is cool is going to be there.

### The Velvetins

w/ The Patterns, High Tides, the Strange & the Charming  
Wunderbar (8120 101 Street)  
Friday, Jan. 16 at 9 p.m.  
\$7 at the door

This show seriously has a killer lineup and is one of the first can't-miss shows of 2015. The four seriously diverse bands are going to ensure a night of folk harmonies, "not-so-pop" jams and some body-rocking psychedelic rock and R&B. The first two weeks back at school is always super overwhelming, and this show is probably (definitely) the best way to unwind so you can get back into the grind. So save some money and buy your textbooks used, and be sure not to miss this totally rocking night.

### The 11 O'Clock Number!

Varscona Theatre (10329 83 Avenue)  
Friday, Jan. 16 at 11 p.m.  
\$14 (tixonthesquare.ca)

Edmonton has a surprisingly big subculture of musical comedy and improv groups. Experience the best of both worlds with The 11 O'Clock Number!, Edmonton's finest variety show. For an hour and a half, be dazzled by scenes, songs, and dance numbers. The improv troupe relies heavily on audience participation to drive the entertainment, so it's an ideal night out as long as you aren't shy or don't hate being put on the spot. Thanks to the late time slot, it's perfect if you want to have a few drinks at dinner on Whyte before catching the show. So broaden your horizons and be a part of something bigger than yourself.

### Swing and Skate at City Hall

City Hall (1 Sir Winston Churchill Square)  
Sunday, Jan. 18 at 1 p.m. – 4 p.m.  
Free

If you're into swing music, swing dancing, or ice-skating, Sundays are going to become your favorite day of the week. Every Sunday until February 22, local musicians are going to play some jazzy melodies while those who are hip to the jive dance in the City Room at City Hall with the Sugar Swing Dance Club. The music is also going to be blasted over loud speakers to the ice rink, where skate rentals are free. This week's ensemble is Gateway Big Band, which actually has no association to the school newspaper.



SUPPLIED

## Student sets off to NYC with new release

### MUSIC PREVIEW

### Jey Witten Cassette Release

WITH > w/ Liam Trimble, OJ Pimpson  
WHEN > Saturday, Jan. 17 at 9:00 p.m.  
WHERE > Wunderbar (8120 101 Street)  
HOW MUCH > \$10 at the door

**Maggie Schmidt**  
ARTS & CULTURE STAFF

It's not very often that you find Canadians living the "American Dream," but that's exactly what local musician and fellow U of A student Jeremy Witten is doing. While studying in his first year of an after-degree in music, Witten was selected for the Killam Fellowship after a long application process that began last May.

Each year, the U of A selects one student to spend a semester or two as an exchange student at an American university. Witten is going to be studying music at the State University of New York in Plattsburgh, New York, where he also plans to volunteer for the campus radio station.

Although it's not a very well-known program, the Killam Fellowship is surprisingly accessible for the majority of student musicians on campus. Among the requirements are Canadian citizenship, full-time class enrollment, English proficiency and a good academic standing.

The application process, however, takes a considerable amount of time and effort that can dissuade those who don't have their heart set on America. Applicants must choose three American schools, find 10 courses from each and submit references letters and a budget.

Thanks to the opportunity, Witten looks forward to his southern migration.

"With this semester abroad, of course I'm looking forward to taking new courses and making new friends, but I'm also looking forward to going to shows, meeting other musicians, and on weekends I plan to record a new album with my friend in Montreal."

**"I wanted to do something that would capture both the music I was playing at that time as well as the crowd and atmosphere at Wunderbar."**

JEREMY WITTEN  
MUSICIAN

Despite all of his time devoted to applying for fellowships and maintaining his GPA, Jeremy Witten has continued to dazzle the greater community in Edmonton with his voice and guitar in his folk-rock project Jey Witten.

On Saturday night, Witten is hosting a "Goodbye Edmonton" cassette release at Wunderbar.

"Everyone gets a free cassette," Witten says excitedly.

The show is going to feature some local

musicians including opening sets from Liam Trimble of Diamond Mind, and OJ Pimpson. The cassette being released was recorded live off the floor at Wunderbar in June by local recording engineers Renny Wilson and Garrett Johnson.

"I wanted to do something that would capture both the music I was playing at that time as well as the crowd and atmosphere at Wunderbar," says Witten.

Along with the sentimentality towards Edmonton's favourite venue, the tape features more personal nostalgia for Witten. The cassette cover is a 60-year-old photograph of his grandfather standing where Wunderbar is now.

"He lived across the street when he first came to Canada in 1955," Witten says. "I have all kinds of photos of him walking around Whyte Ave in the '50s. Every time we drove past Wunderbar he would point across the street to Maki Maki and say 'that's where my house used to be.'"

"I'm a singer-songwriter, but I like to make it groove, as they say," boasts Witten.

As for his future life in America, Witten knows exactly what he's looking for.

"I want to see what it's all about. I'm buying a car while I'm down there and I'm looking forward to doing a bunch of trips to NYC, Boston, Washington D.C. and other cities," he says.

The time down south promises to be beneficial for the budding musician.

"I try to look for opportunities that will complement my school life as well as my life as a musician."





## the *brew* crew

WRITTEN BY Keegan Goerz

### OREgasmic Ale

**Brewery:** Rogue Farms

With the holiday season concluding and the school year rebooting, nothing's better for students to cuddle up with than a big bottle series from their favourite brewery. I've picked Rogue Ales as my alcoholic amenity, a brewery founded in 1988 in Ashland, Oregon. Rogue is known for their fun-spirited craft ales, and have more recently expanded into craft spirits as well, though it would be hard to find any outside of the states.

OREgasmic Ale is a nondescript brown bottle adorned with a single pumped hand holding a bushel of hop grains. When poured, a caramel-coloured body accompanied by plenty of carbonation appears, called out by the almost soda-pop-like bubbles that cling to your glass. There's little to no head when poured and an extremely murky colour, which I feel is an appropriate allegory for coming back to class.

I came into this expecting something



**Available at:** Sherbrooke Liquor Store  
(11819 St. Albert Trail)

creamy and almost chocolate-like, but was surprised to find this to be an American Pale Ale. Similar to the all popular India Pale Ale (IPA), an APA is generally light with some hoppy flavour but an easy-drinking experience all around. OREgasmic Ale holds true to this, with a crisp taste and a floral scent. To the nose, there is an almost citrusy-sweet tropical fruit smell. Though the ale itself tastes slightly fruity, it is by no means sweet. There are noticeable bitter hops, but remain very manageable. The beer's bite comes in at the end, with a refreshing and clean ale taste.

OREgasmic Ale's name is meant to highlight that all the ingredients used are grown in the brewery's home state of Oregon, though it's clear that Rogue Farms wants you to feel sexy while drinking this. Though this brew could be paired with nearly anything short of spicy food, I wouldn't put this in my sexy alcohol category.

## fashion streeters

COMPILED & PHOTOGRAPHED BY Willow Austin

**Larissa Poseluzny**

ARTS



### ALBUM REVIEW



### Dan Mangan + Blacksmith *Club Meds*

Arts & Crafts Records  
danmanganmusic.com

**Alex Cook**  
ARTS & CULTURE STAFF

After more than two years of rewriting themselves and crafting a new moniker, Dan Mangan + Blacksmith is back with a new style in *Club Meds*. This album is full of despondency and melancholic sentiments, making it an ideal playlist for a real gloom-and-doom winter. From "Offred" to "New Skies," the album examines humanity's negative emotions such as worry,

doubt, isolation and hopelessness.

Mangan expresses his anguish differently from his usual melancholy style. In *Club Meds*, many of his songs have a quick tempo, with some even using major keys despite the pensive playlist. Yet, he keeps his songs despondent by scattering minor chords throughout the album, particularly in "War Spoils." Also, by

using cut time in songs like "A Doll's House/Pavlovia," he gives the illusion of having a speedy song when the tempo is slower. His desperation becomes clear especially with his extensive use of reverberation in "Kitsch." In songs like this, he shows his downcast persona best.

Dan Mangan + Blacksmith successfully maintains their gloomy approach to music throughout *Club Meds*. Yet, while each song is produced well, the album itself doesn't have much direction. In the place of a streamlined album, there seems to be only a pit of despair 45 minutes and 35 seconds long. Each song doesn't fail to disappoint in Mangan's traditional disconsolate style, but the production as a whole needs more work.

## Vino Bitches

WINE

Black Cellar

**Written by: Danielle Carlson**

Nothing will prepare you for the surprise you'll experience once you try Black Cellar's Shiraz Cabernet. This unassuming wine has a unique depth that makes it ideal for the term, whether you are still riding the winter break high or crashing in to an onslaught of class assignments.

Initially, Black Cellar appears to be a bland choice. Its label is so simple, it could have been designed on Microsoft Word. It blends in with the other ordinary bottles on the shelf and you may walk right past it without noticing. But what Black Cellar lacks in presentation it greatly makes up for in content.

The colour is so overcast it's nearly black, save for the slivers of juicy red created by the light. The combination of ripe cherries, blueberries, and a variety of spices produce a unique perfume. Soft on the nose at first, it suddenly becomes heady with a sharp bitter edge that teases your nose.

Black Cellar's full flavour matches this aroma. The spices and cherries have a bold presence and there is a small tannin. This is balanced well with the blueberries, which have a refreshing quality making it overall playful.

Before you become too busy, take time to try Black Cellar with an interesting and bold-tasting dish, like grilled pepper steak with onions and blue cheese. If you find you have less time on your hands, something as easy as a bacon and tomato sandwich is also suitable.



**Price:**

**\$10.95**

**Available at:**

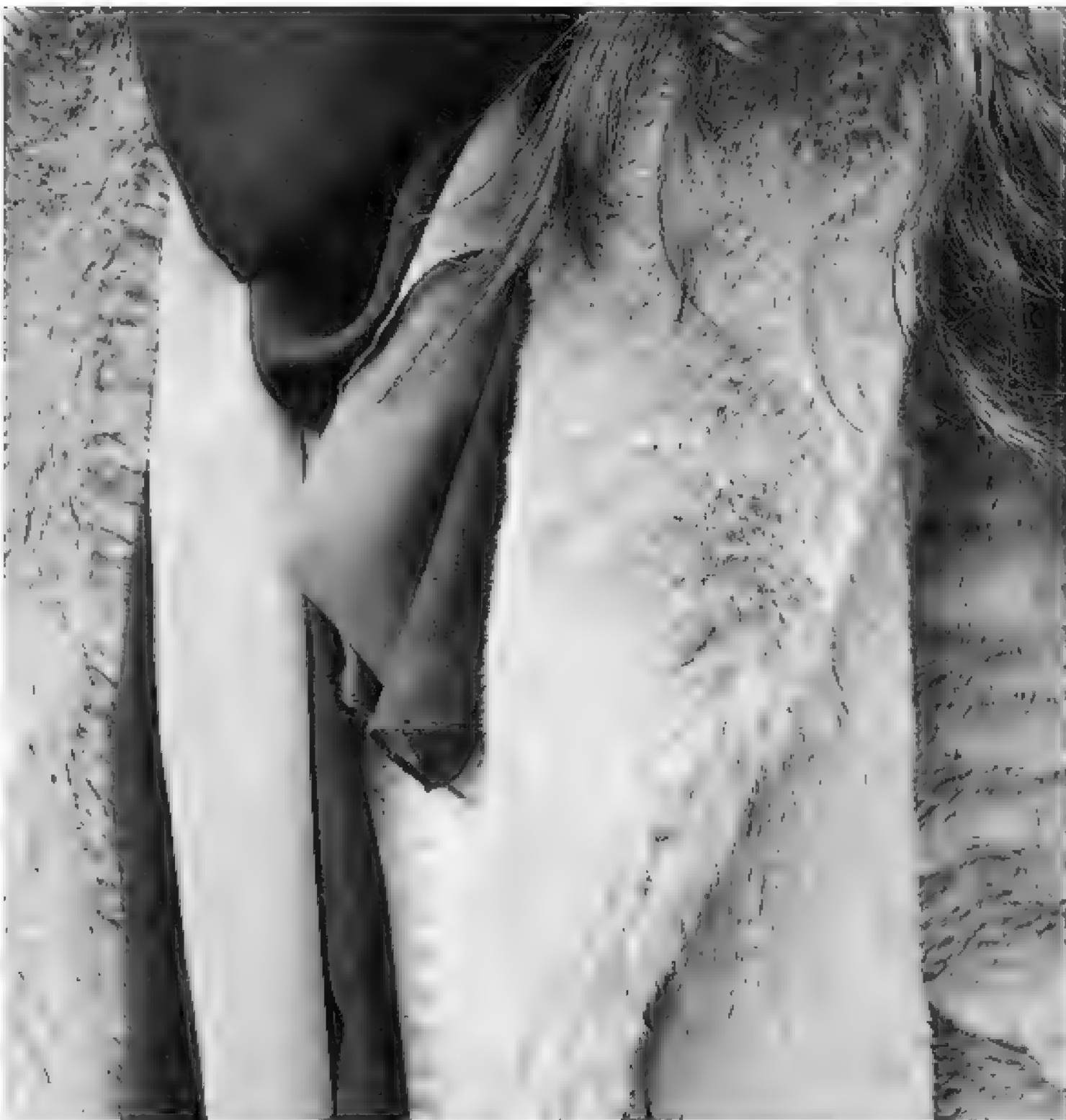
**Liquor Depot**

**GATEWAY:** Describe what you're wearing.

**POSELUZNY:** ➤ I love Rag and Bone jeans, so my new jeans, an Aritzia fuzzy coat, and an Oak and Fort Scarf and a Topshop Sweater. So it's nice and cozy!

**GATEWAY:** ➤ How would you describe your style?

**POSELUZNY:** ➤ I'm not sure how to describe my style. I just kinda wear what I feel, whatever feels comfortable and warm, especially today."





# Group Commentary: The best breakfast joints in #yeg



Arts & Culture  
Staff  
GROUP COMMENTARY

Breakfast is definitely the best meal of the day, simply because of the sheer amount of flavour combinations available. Do you like sweet foods? Then delve into some pancakes or waffles covered in whipped cream and maple syrup. More of a savoury person? Wrap yourself in some salty bacon and perfectly seasoned eggs. You can even mix everything together and have a meal that involves every breakfast dish imaginable a-la Denny's Grand Slam.

Just like your breakfast food selections, there are also an almost infinite amount of spots to hit up to soothe your broken heart or your hungover body. Here are some of our favourite spots in the city to get our fix of Hollandaise and hashbrowns.

Taylor Evans

There's something about battered cinnamon-raisin brioche, fresh fruit, and bright yellow walls that fills each and every void I have from living in this desolate winter flat-land we call Edmonton. Although Cora Tsoufidou probably never knew what Cora's could achieve when she first founded the breakfast joint in Montreal 25 years ago, she must have known she had something going for her with all that damn fruit.

Unless your diet consists of only

chicken strips and fries (all the power to you, my friend), you have to be able to appreciate the fruity variety Cora restaurants offer. Not only is there lots of fruit, but also every breakfast desire is fulfilled with crepes, pancakes, bacon and sausages, chocolate dips, vanilla creams and Hollandaise sauce for days.

Unlike other breakfast restaurants where one week you're enjoying an egg scramble with spinach and smoked salmon, and the next you're choking down an egg scramble with E. coli and salmonella, Cora's is always consistent. From Leduc to the big T.O., the cheery environment is always welcoming, and the food served is always hot and fresh.

Cora's maintains its authenticity while remaining a dependable place for a variety of occasions. I've gone to Cora's for reunions with friends, for birthday brunches with my mom, and for casual Saturday mornings with my boyfriend after the gym.

Maggie Schmidt

Edmontonians love brunch. Because of this, there are seemingly endless options around the city for breakfast foods and hangover drink specials. And really, since eggs benedict is about the same wherever you go, the most important aspect of brunch dining is atmosphere. Personally, I'm a big fan of the unpretentious-yet-trendy Commodore on Jasper Ave. Right next to everybody's favorite party tavern Knoxville's, it's a hole-in-the-wall breakfast nook that's guaranteed to save you money and disappointment.

Although it's cash only, the prices are so reasonable that you probably have enough left in your wallet from your weekend outings that you won't need to visit an ATM. The interior is like time-travelling back into a 1950s diner, which makes for a nostalgic atmosphere ideal for laid-back brunch outings. Fancy stools along a bar and some pretty decorations give the restaurant a charming and positive vibe. Being right along Jasper also allows for some wicked people-watching, which is totally the real essence of brunching.

To top it all off, the staff at Commodore are some of the most pleasant people under the sun. As Aly A. from yelp.com said, "I forgot to ask for no butter on my toast and without making me feel guilty, she brought me new toast with a smile." It's not very often that you find a place with such thoughtful staff. With all of the positivity that radiates from Commodore, there's no better choice for brunch in Edmonton.

Zach Borutski

Two words can make even make any wizened old grouch jump joyously like some sort of human-kangaroo hybrid: all-day breakfast.

Albert's may not have the most adventurous, or even the most delicious breakfast, but it's perfectly good for what it is: simple breakfast food. In quite a few instances I've been hungover and craving eggs and bacon, but it's 2 p.m. and I can't be bothered to make them. Enter Albert's, which pretty much remains open

because it'll serve breakfast to even the latest and most hungover of risers.

It's comfort food in its most basic sense, and admittedly not the healthiest of choices. But it's food that everyone can relate to, and there's nothing that's out of the ordinary, so it's perfect for the people in your circle who don't want to broaden their breakfast palates beyond anything that doesn't involve eggs. If you really want to be a snob, you can dismiss it, but nobody goes looking for breakfast past 12 p.m. being a snob, at least nobody that I've ever met. Long live Albert's, and long live eating breakfast after noon — our society is better because of it.

Mikelie Johnston

Barb and Ernie's, a quaint German joint, is located on 9906 72 Ave. and dishes up the best damn breakfast food in Edmonton. Opened in 1975, the reasonably priced and family-run restaurant offers incredible pancakes (potato or regular), German sausage and eggs. In particular, their German Bacon Pancakes (whole strips of bacon inside the most delicious pancake the size of your torso) and Eggs Benedict will blow your mind. They serve kickass hashbrowns, have mastered Hollandaise sauce, and pour endless coffee.

Whatever your breakfast food favourites are, this place is bound to satisfy while introducing new flavour combinations coupled with old German family traditions. Barb and Ernie's will forever ruin you for other breakfast joints, leaving you saying "Nein!" to any pancake not filled with bacon. Few

places can compare to Barb and Ernie's. They have great friendly service, incredible food, great prices and a homey atmosphere. Barb and Ernie's have achieved perfection.

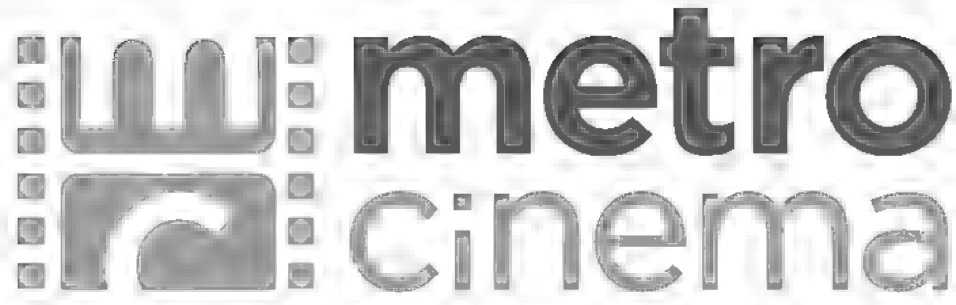
Kieran Chrysler

Tucked away off 127 Street lies the greatest hidden gem in the history of yeg's breakfast scene. Hathaway's Diner is a family owned restaurant with the most welcoming servers and the most fire hashbrowns in the city.

Only open from 7 a.m. to 4 p.m., diners have a limited time to enjoy the delicious food and warm atmosphere. However, you'll find a selection of breakfast and lunch items sure to satisfy whatever your food-based desires can think of. With everything from breakfast skillet to burgers to the most decadent homemade pies, there is something for any kind of hungry that diners might be feeling.

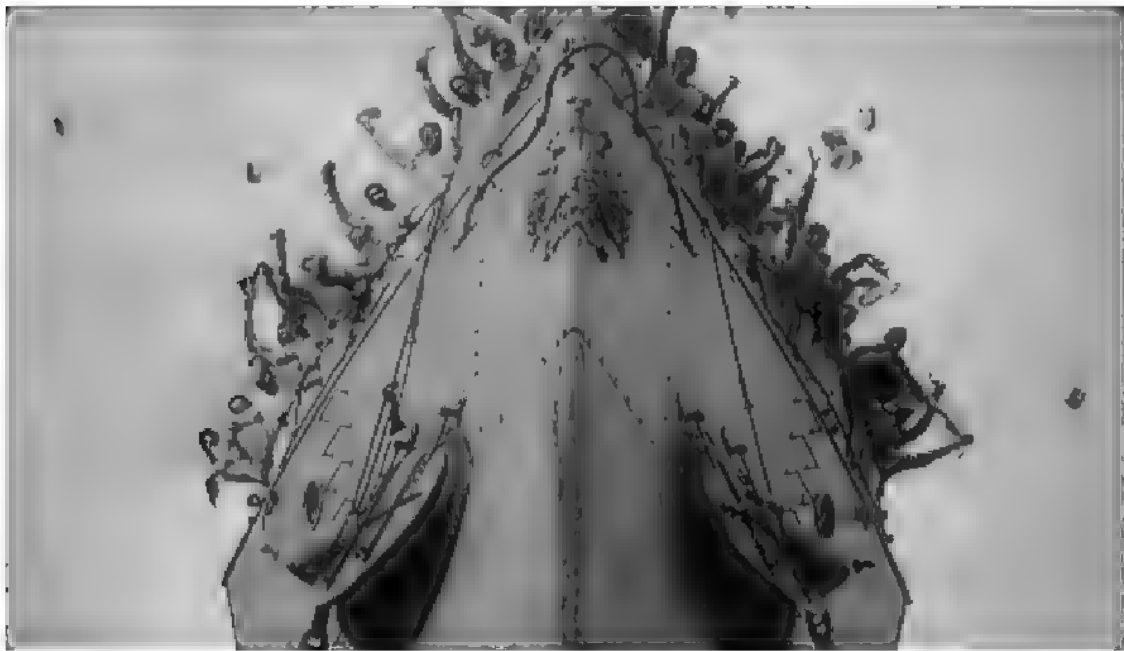
The best part of Hathaway's is easily their Egg's Benedict Saturdays. Only having the item available once a week, they have easily the best Hollandaise sauce in the world. Apparently their not-so-secret-secret recipe is the bottle of white wine that goes into the sauce. The most surprising part of the sauce is how willing they are to tell everyone why their Hollandaise is so good.

If you want a homey atmosphere coupled with some fantastic home cooked eats, make sure you hit up Hathaway's diner. You will not be disappointed, no matter what you choose from their extensive menu.



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Evenings \$9  
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## Battleship Potemkin Essential Russian Cinema

January 16 at 7:00  
January 17 at 4:00  
January 18 at 2:00  
January 19 at 9:15

One of cinema's most significant works, Eisenstein's Soviet classic is revolutionary in form, political purpose, and subject matter. The propagandistic film glorifies the exploits of sailors participating in a naval mutiny on the Black Sea during the abortive 1905 revolution. It synthesises Eisenstein's theories of cinema art, expressing them through technical and narrative innovations, particularly its emphasis on montage and its rendering of the mass rather than the individual as the protagonist. Combining formal and theoretical ingenuity with gripping action, it's powerful experience at once visceral, emotional, and intellectual, which still resonates with audiences and filmmakers.

Also on screen this week:

50/50 – Science in the Cinema  
The Boxtrails – Reel Family Cinema  
The Little Deputy Western Variety Show  
The Guest



## Maps to the Stars Canada's Top 10

January 16 at 9:00  
January 17 at 9:30  
January 18 at 3:30  
January 19 at 7:00  
January 22 at 9:30

Mia Wasikowska stars as burn-scarred Agatha returning to the alienating womb of California after a lengthy period of enforced separation where she lands a job as personal assistant for the fading, neurotic actress Havana Segrand (Julianne Moore) who's being treated by self-help media quack Dr. Stafford Weiss (John Cusack). Havana longs for the lead in a remake of a film that originally starred her mother, a tragic Hollywood legend, who haunts her embittered daughter. Meanwhile, Benjie Weiss finds his star-crossed path inevitably intertwined with that of Agatha despite the best efforts of his mother to preserve and exploit the precocious monster.

Canadian auteur, David Cronenberg has crafted "a tale of terminal Tinseltown wastrels with the twisted structure of a Greek tragedy and the rictus grin of a freshly poisoned sitcom." (Mark Kermode, Guardian)



## Crime Wave Crime Watch

January 20 at 7:00

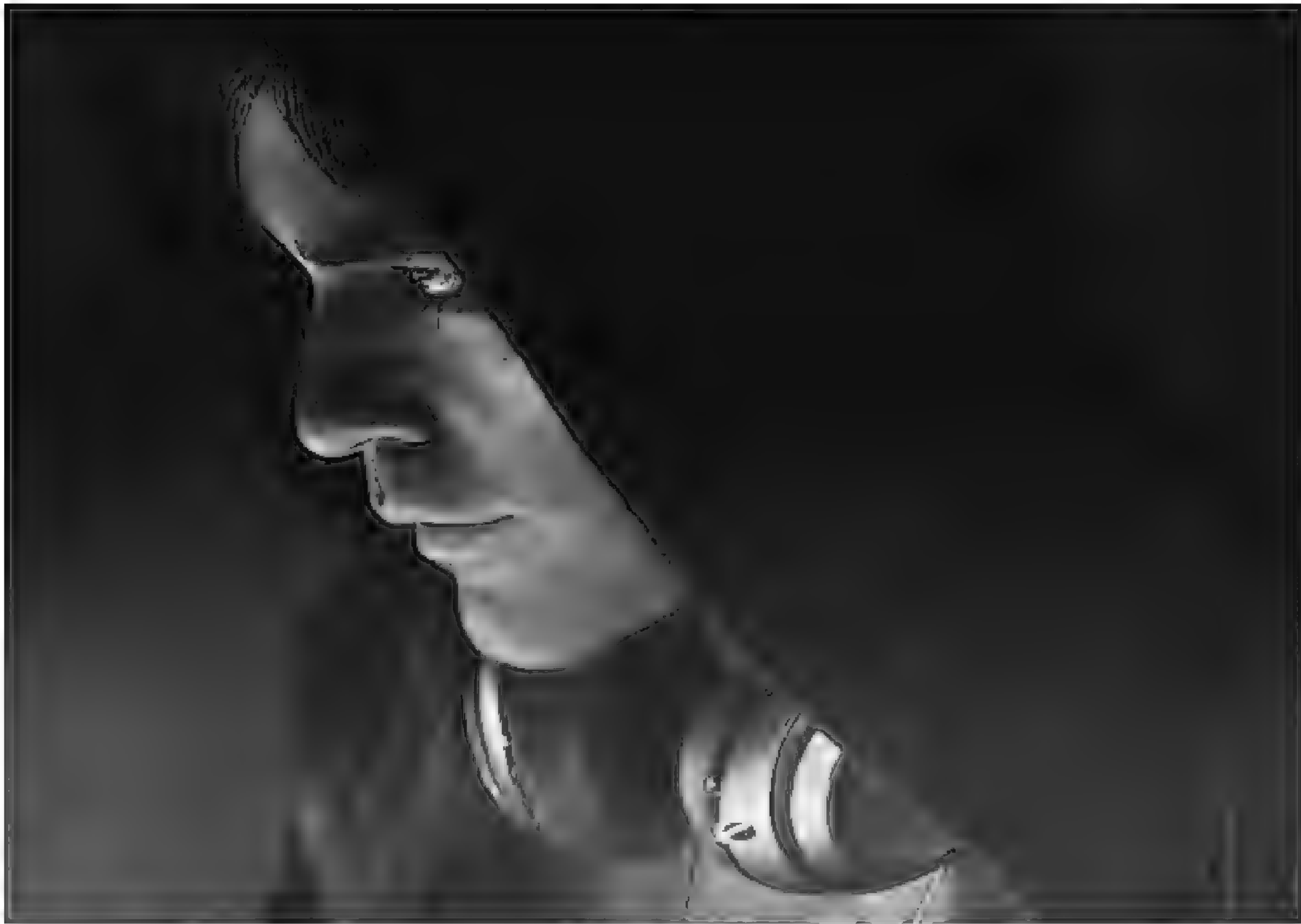
Steven Penny (writer-director John Paizs) is a frustrated filmmaker whose landlord's teenage daughter develops an odd obsession with the loner-loser. Their relationship gets odder as Penny takes ever-more extreme measures to finish his script and the film's very narrative structure starts to buckle, plunging us into a strange, sinister, and hilarious dimension of cinematic dementia.

One of the most perversely overlooked debuts in English Canadian movie history, Crime Wave inaugurated the "prairie postmodernism" genre in Canuck cinema. Straining the wide-eyed innocence of Canadian prairie fiction through a trash-cinema filter, undermining the camp wholesomeness of 1950s educational films with the garish hyperbole of B-movie poster design, it's an off-kilter universe that looks more dazzling than ever in a newly restored digital presentation just in time for its 30th anniversary!

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## Top 5: anticipated 2015 movies

**Alyssa Cancian**  
ARTS & CULTURE WRITER

2015 is going to be a big year for the film industry. With an endless supply of blockbusters hitting the theatres this year, choosing which ones to see on your thin student budget proved more difficult than expected. After evaluating what we can expect from Hollywood this year, here are the films that are going to be worth the excessive theatre ticket price.

### 5. *Entourage*

Well, the boys are back by popular demand. After the cliffhanger final episode of the hit HBO series aired, fans were left wanting more. Flash forward four years, and their pleas have been answered. Written and directed by the show's creator Doug Ellin, *Entourage* follows Vinny Chase and the gang back at their old shenanigans, navigating through Hollywood. Inevitably packed with lavish parties, and countless Drama jokes, the film is sure to be a summer hit.

### 4. *Batman vs. Superman: Dawn of Justice*

It seems as though everyone has an opinion on this movie. The general consensus looks to be as though fans are disappointed with the decision to cast Ben Affleck as Batman, fearing that his acting skill

is not even close to being believable as Bruce Wayne. Although the plot is still under wraps, fans are incredibly excited to see the two superheroes come together, despite having many reservations about Affleck. Wonder woman is also set to appear alongside the duo, and Jesse Eisenberg is confirmed to be playing the film's villain, Lex Luthor.

### 3. *Ant-man*

After the wild success of *Guardians of the Galaxy* it seems as if no risk is too big for Marvel. Enter *Ant-man*. Paul Rudd stars as an ex-con man turned superhero with the ability to shrink in size but increase in strength. Ant-man and his mentor are thrust into a heist that will save the world, and Rudd is sure to add some comedic value to the character. The summer film is considered to be the black sheep of the Marvel comics, but the company assures fans that they will be pleasantly surprised.

### 2. *Spectre*

The Internet basically broke when details of the 24th Bond movie were finally released. Lea Seydoux, Monica Bellucci, Christoph Waltz and Andrew Scott are all set to appear alongside Daniel Craig in his fourth movie playing 007. Fans found Craig's portrayal of Bond to be too human, but with the

massive success of *Skyfall* people have come around and are excited to see how Bond deals with his age. The new film is set around the sinister organization, Spectre, as well as M's battle against political forces to keep the secret service alive. Though *Skyfall* success will be difficult to top, *Spectre* promises to be as equally thrilling, and inventive.

### 1. *Star Wars: Episode VII- The Force Awakens*

*Star Wars* fans have had 10 years of anticipation building up for this next installment of the saga, and sadly the teaser trailer only added to that anticipation. Although no details of the plot have been revealed, we know that Episode VII is going to be set 30 years after *Return of the Jedi*. Carrie Fisher, Mark Hamill, and Harrison Ford are all confirmed to reprise their iconic roles, and newcomer Lupita Nyong'o has joined the cast. Disney's purchase of Lucasfilm back in 2012 made fans nervous that that the new *Star Wars* wouldn't meet the high standards set by its earlier films. Despite the controversy surrounding Disney's purchase, excitement for the film hasn't wavered. The new installment has a lot to prove to its dedicated fans, but the devotees also need to keep in mind that it'll be hard to make a film worse than *The Phantom Menace*.

# SEEKING: BRIGHT IDEAS FOR A BETTER CAMPUS



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UNIVERSITY OF ALBERTA  
**ALUMNI**

## finer things

WRITTEN BY **Mitchell Sorenson**

### Serial

I wish I were Sarah Koenig. Or, more precisely, I wish I could engage with my audience at the same level she does. The first season of her podcast, *Serial*, has been downloaded and streamed more than 5 million times in the last three months, and it's revolutionizing a genre that's spent a decade fading into obscurity. She found a story, followed it on a ludicrously small budget, and made people want to experience journalism again.

In the first episode, listeners are introduced to 31-year-old Adnan Syed. He has been in jail

since he was 17 for the murder of his high school ex-girlfriend, Hae Min Lee. Over the next 11 hours or so, Koenig gives an in-depth review of the case. That's it. There's no crazy *First 48* police chases or drug busts — just the voices of Koenig and those involved in the case. The listener loyalty elicited from (for the most part) solid and exciting investigative journalism makes me highly optimistic, to say the least.

I admit to being one of those who primarily gets their news from questionable sources. I admit to being part of the screaming throng of Tweeters reinventing how people get news, but it's an unbelievably large relief to see candid, honest

journalism being popularised in such a way. I long for the time when everyday conversation returns to genuine issues; *Serial* puts the media-consuming world on that track.

This podcast has gone viral in 2015. I never thought I'd hear those words together in that order. Ever. *Serial* shows the potential for the reinvigoration of investigative journalism as a whole. In short, if you haven't heard it, set aside some time and listen to the first episode. I promise you'll want to hear the rest.

*The Finer Things* is a semi-regular feature in which Gateway pop culture pundits point to a particularly relevant or pretentious example of art celebrating it for all of its subjective merit.





KIERAN CHRYSLER

# Doin' You: Simple hot chocolate

Adrianna Stanski  
ARTS & CULTURE WRITER

With a combination of unbearably frigid temperatures and the unpleasant jolt back to reality after a lazy winter break, university students are in dire need of comfort food. Hot chocolate is the perfect solution because it can transport you back to your carefree childhood while giving you a much-needed dose of caffeine. It's a win-win because cocoa is an antioxidant, so you can indulge while maintaining your New Year's resolutions to eat more healthy foods. Switch up your morning routine by substituting creamy, homemade hot chocolate for your regular boring old coffee. Skip the lines and steep prices at Starbucks and prove that you are above mediocre store-bought mixes by whipping up your own. Have some as a reward after you finally crack open your brand new overpriced textbooks, or procrastinate by experimenting with the

recipe until it satisfies your chocolate addiction. With only four basic ingredients, this recipe is basically fail-proof and is far superior to the watered-down hot chocolate of arenas, stadiums and free events. Bring some to your study group to win over new friends.

- What you'll need:**
- 1 mug of milk
  - 1 tablespoon of sugar
  - 1 teaspoon of cocoa
  - A pinch of salt

**Step 1:**  
Pick out your favourite mug. Dump the cocoa, sugar and salt in and mix it all together until it looks like one even colour. Don't worry if you don't have real measuring spoons. I used regular old spoons and it didn't make any difference.

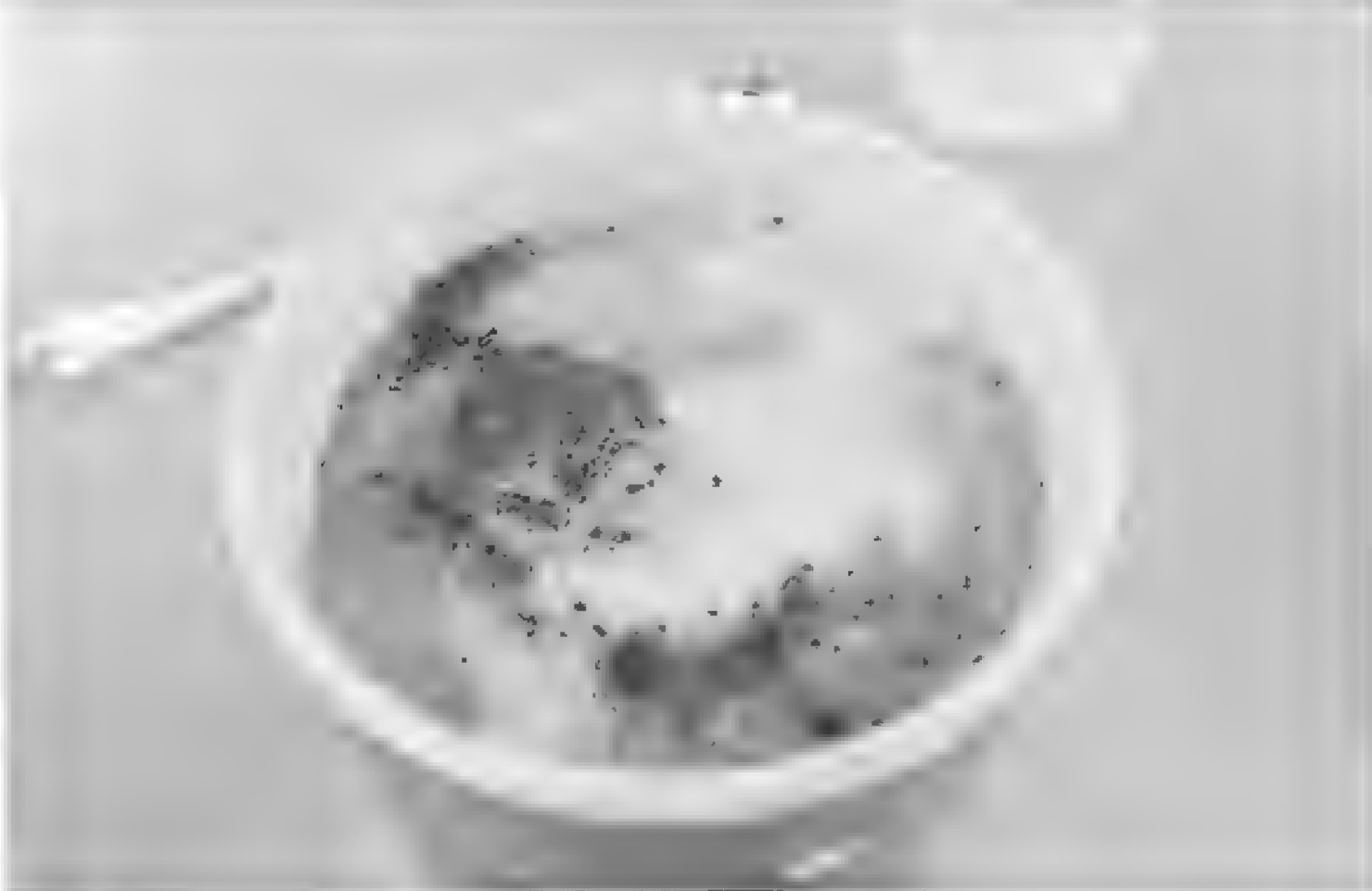
**Step 2:**  
Pour your milk into the mug and stir. Make sure you scrape the bottom of the mug so that you don't

end up with any nasty clumps that will make your hot chocolate too strong the near the end.

**Step 3:**  
Microwave your concoction for a minute and a half. Use the time to put away your ingredients and marvel at your efficiency.

**Step 4:**  
Stir it up to remove the lava-like chocolate bubbles that will have formed on the surface. Scrape the bottom again to distribute the chocolaty goo equally. Curl up with a blanket and a book (Netflix works too) and enjoy!

**Step 5:**  
If you want to be really fancy you can add a sprinkle of cinnamon, a couple marshmallows or even some whipped cream. Don't forget to document the event so that your Facebook friends or Instagram followers can appreciate your impressive culinary skills.



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## datapp

WRITTEN BY **Alex Cook**



### Yik Yak

**COST** Free

**PLATFORM** iPhone, Android



How many people do you really know at the University of Alberta? Some of us would like to consider the university community of students, teachers, and other important staff members that work together to raise the U of A above the rest. But seriously, how are you supposed to actually connect with tens of thousands of people in four short years?

Thankfully, Yik Yak exists. This app gives everyone 17 and older an outlet for any thought on their mind that is 200 characters or less. All “yaks,” as they are called, are displayed on a feed to other people nearby. It can be an appreciable gauge of the community around you. In fact, only yaks no more than 16 kilometers away from your position are ever shown to you.

But the yaks aren’t there just to exist. You can reply to any yak seen on your local

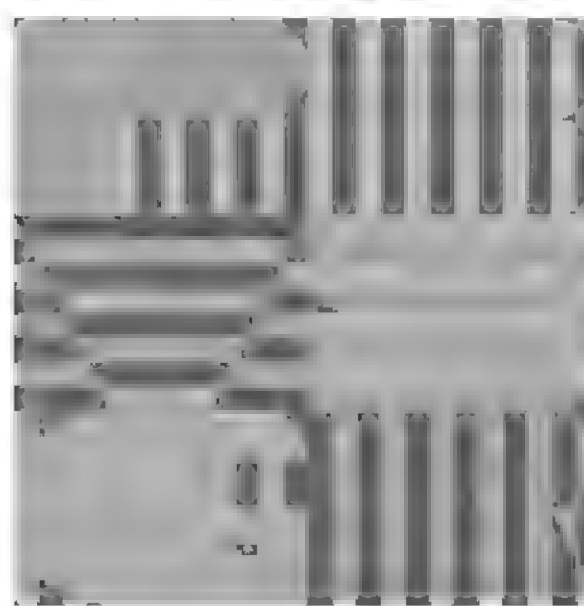
feed. Each yak and reply you see can be “upvoted” or “downvoted.” Survival of the fittest is at work here, since any post with an overall voting score of -5 is deleted permanently.

The best part: it’s anonymous. No accounts are involved in the entire use of the app. All you do is install it on your phone, and you’re ready to talk about how easy that last test was, whatever you ate last, or that student that is losing their mind during finals week.

Okay, so maybe you didn’t actually meet anyone new through this app. All you ever saw was a bunch of sarcastic jerks posting their snarky comments about other people. But let’s be honest: the person that yakked about their neighbours barbequing in the deep freeze of Canadian winter connected with you on such a spiritual level that it helps make the everyday stress of university feel not so bad anymore.

*Dat App is a semi-regular Gateway feature that strives to highlight the best apps available to millennials who have no real human contact and only interact with others on their very expensive mobile phones. Life is more fun when you don’t have to talk to anyone in class because the only eye contact you’re making is with your iPhone.*

## ALBUM REVIEW



### Panda Bear *Panda Bear Meets the Grim Reaper*

Domino  
pbvsgr.com

**Jon Zilinski**  
ARTS & CULTURE STAFF

2014 has been debated as a gap year for major musical releases, with fans across all genres patiently waiting and optimistically hoping that the class of 2015 will blow us away. All but two weeks into the year, we have a massive release from indie star Noah Lennox a.k.a. Panda Bear. With his fifth studio album *Panda Bear Meets the Grim Reaper*, Lennox displays a sonic weirdness that could only be found by one of the co-founders of Animal Collective.

Throughout the record, Lennox’s voice acts as a dreamy focal point. It’s like a metronome in the middle of an audial acid trip. No matter the surrounding sonic chaos that seems to test the listener throughout, there is always a safe

point of return. Lennox providing that feeling of safety is fitting when considering that *Panda Bear Meets the Grim Reaper* is an album about middle age, fatherhood and the following responsibilities that such change brings.

Inevitably making an album with such themes sets Lennox up to revisit his father’s death in “Tropical Cancer” which feels like the album’s heartfelt climax. Lennox belts out maturely feelings of acceptance of his father’s brain cancer, claiming that even “Sick has to eat well too” in order to survive in this world. Through this, Lennox leaves the listener pondering about perceived relationships between the dichotomies of sickness and health, life and death.

## flop culture

COMPILED BY **Kieran Chrysler**

### The future lack of Poehler and Fey at the Golden Globes

After three magical years of having the reigning queens of comedy hosting the “other

Oscars,” their tenure as the most fire hosts has come to an end after Sunday’s show.

They did not leave quietly. They blasted the recent Bill Cosby rape scandal as well as lighting up Hollywood for giving George Clooney a lifetime achievement award and not his badass human rights lawyer wife.

The Globes will never be the same, but we will always have the memories. And the YouTube videos of their monologues.

# Wanna run the world?

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# Sports

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Sports meetings every Wednesday at 5pm

## Golden Bear Invitational a success for wrestling squad

**Maddie Payette**  
SPORTS WRITER

The Golden Bears and Pandas Wrestling Team gave an impressive performance this past weekend at their home tournament, the Golden Bear Invitational, as the Pandas team secured first place and the Bears finished second.

After a hard fought tournament, the University of Fraser Valley Cascades men's team captured first place overall ending with 49 points, leaving the Bears grasping second by one point over the University of Winnipeg Wesmen.

With a well earned 43 team points, the Pandas team dominated the tournament over their long-

time rivals, the University of Calgary Dinos, by a difference of 13 points. Overall, the Pandas picked up a total of nine medals, while the Bears squad brought home three medals.

Leading the U of A teams were senior athletes Mike Asselstine and Marlen Figueroa, who both won individual titles at this tournament and remain undefeated this season in their CIS weight classes. Both Asselstine and Figueroa are defending Canada West and CIS champions.

"I felt personally that I wrestled okay, but I still need to improve," Asselstine said. "This week has been a battle for us physically and mentally.

"Circumstances will never be ideal, so being able to deal with adversity is a step to being able to compete."

Considering both teams are very young, head coach Owen Dawkins said he was satisfied with their performance but emphasized that there is still a lot of work to be done.

"We have a very young group," he said. "The girls are stronger right now, but the guys are progressing well."

"We have to work through a lot of our bumps and bruises but we are going in the right direction."

After coming back from a week-long rigorous training camp in California, both U of A teams

demonstrated the determination they have and worked through the fatigue and injuries to maintain their no. 2 position in the CIS standings.

Asselstine, a 2014 World Canadian Team member, knows what it takes to succeed and embraces the pressure of competing.

"We put ourselves in this position, tired and exhausted and are forced to perform," he said.

During this time of year, U of A wrestlers are expected to put in a heavy training load in order to prepare themselves for the upcoming month of hard competition. The goals of both teams are to win Canada West and CIS Championships in February.

Both the men's and women's teams are defending Canada West Champions and have high hopes for repeating last year's success, and are also looking to take home CIS team titles. The men's team last won a CIS title in 2013 and the women in 2011.

"We are hoping to win," Dawkins said. "We have two very, very good, young teams and they are working very hard."

The Bears and Pandas wrestlers will look to build off of their performance at the Golden Bear Invitational as they prepare for their next event, the Cascade Classic, which will take place at the University of Fraser Valley in Abbotsford, B.C. on Jan. 31.



**TAKE DOWN** The Pandas wrestling team finished first at the Golden Bear Invitational last weekend, while the Bears finished second.

ANDREW ROSS

## Athletes of the week



RANDY SAVOIE

### Bears

**T.J. Foster - Hockey**

Foster showed why he was named to the Team Canada Winter Universiade squad over the weekend, as he scored the overtime winner on Friday to lift the Puck Bears over the Regina Cougars. Foster brings WHL experience from a stint with the Oil Kings to the CIS ice. He has racked up 27 points on the season, and will look to help the Bears maintain their six-game win streak against the Lethbridge Pronghorns next weekend. - Mitch Sorensen

### Pandas

**Kacey Otto - Volleyball**

A great contributor to the success of the Volley Pandas all season, Otto racked up 20 kills and 21 digs on the weekend to lead her team to consecutive straight sets victories over the Winnipeg Wesmen. The third-year Phys Ed student leads Canada West in aces and is second amongst hitting players in digs per set. Otto and the Pandas will take their well-rounded attack to Winnipeg next week to face the Manitoba Bisons. - Mitch Sorensen



RILIN FL



# Varsity Sports Roundup

## bears volleyball



3-0  
1-3



From the outset of their match against the Winnipeg Wesmen on Friday, the Bears weren't themselves. Missing fourth-year middle John Goranson to injury and coming off of Christmas break, the volley Bears looked shaky, to say the least.

Errors at the serve line in addition to an uncharacteristically inconsistent blocking performance meant the bears had to fight hard to eke out a 3-0. Saturday, however, was a different story.

The Bears could never seem to get their offence going, they struggled on defence, and got underwhelming performances from several key players. Combine this with a plucky Winnipeg Wesmen squad that played solid volleyball and the Bears couldn't recover, falling 3-1 for their first loss of the season.

The Bears will look to rebound next weekend when they travel to Winnipeg to take on the 9-7 Manitoba Bisons.

- Mitch Sorensen

## pandas volleyball



3-0  
3-0



The volley Pandas continued to roll last weekend, picking up two straight-set victories over the Winnipeg Lady Wesmen. Coming in on the heels of a stellar performance in their Winter Classic tournament, the Pandas were ready to play on Friday. After grinding back from several early deficits, the Pandas used a balanced attack in combination with serve line dominance to give them an edge. In the Saturday rematch, consistent defence ensured two 3-0 victories.

Outside Joesphine Doerfler and left side

Kacey Otto led the offensive charge, leading the Pandas in kills on Friday and Saturday, respectively. Libero Jessie Niles had another weekend to remember, collecting a scarcely believable nineteen digs on Saturday to allow setter Mariah Walsh free reign over the offence.

The Pandas will look to continue their success and chase back their number-one Canada West ranking next weekend in Winnipeg as they take on the Manitoba Bisons.

- Mitch Sorensen

## bears hockey



2-1  
6-3



With back-to-back wins over the Regina Cougars last weekend, the Golden Bears hockey team extended their first place lead in Canada West to eight points over the Calgary Dinos.

On Friday, the Bears edged out the Cougars with a 2-1 overtime win backed by a clutch goal from forward T.J. Foster and a solid goaltending performance from Kurtis Mucha. Saturday was a totally

different story. After Regina grabbed a 1-0 lead two minutes into the game, the Bears scored six unanswered goals en route to a 6-3 drumming. The Bears found scoring from everywhere, as six different players accounted for the goals on Saturday.

The Bears will look to keep the good times rolling as they head to Lethbridge to take on the 4-18 Pronghorns.

- Cam Lewis

## pandas hockey



4-0  
3-1



With back-to-back wins against the Regina Cougars last weekend, the Pandas hockey team managed to keep pace in the tight race in the Canada West standings where they currently sit tied for second place with the Manitoba Bisons.

The Pandas were backed by the strong performance of goaltender Lindsey Post, who allowed only one goal on 43 shots. On Friday, the Pandas took down the Cougars

4-0, outshooting them 26-20. They followed that performance up on Saturday with another commanding 3-1 win. Another positive note from the Pandas was their balanced offensive performance, as six different players accounted for their seven goals.

The Pandas will be back in action next weekend as they host the Lethbridge Pronghorns, who are 4-14 on the season.

- Cam Lewis

## Hoop Pandas stumble into second half, Bears edge out sweep

Zach Borutski

SPORTS STAFF • @ZACHSPRETTYCOOL

The Pandas basketball team had an up and down weekend coming back after the Christmas break, splitting their series in Winnipeg with the Wesmen.

After a tight 83-75 loss on Friday, the Pandas were able to bounce back on the Saturday, putting together a dominant performance and grabbing a 76-54 win.

If the Pandas were rusty, head coach Scott Edwards wouldn't admit it. He attributed the loss on Friday to a more simple cause.

"I think it was a lack of attention to detail on our part," Edwards said. "We turned the ball over 25 times and gave up 15 offensive rebounds. Those are just hustle plays that get the other team going."

Despite Friday's disappointing loss, Edwards didn't do anything out of the ordinary to prepare his team for Saturday.

"We tried to keep the game in perspective," he said. "It's game 10 of a 20-game season. The only thing we really did differently was that we had a much longer video session than normal and we just let the athletes talk about what we needed to do differently in order to win the next game."

Edwards praised the play of guard Sally Hillier over the weekend, saying her leadership and grit were critical to the team's rebound win on Saturday.

"She really showed her mental and physical toughness all weekend," he said. "She kept us in the game

to a certain extent on Friday, and showed more great toughness and maturity on Saturday to help us win the game."

The Pandas will now head into next week's showdown with the Manitoba Bisons, who own a conference-worst 1-11 record, looking to recapture first place in the conference, which is now owned by the 10-2 Regina Cougars. Although momentum may not play much of a factor considering how difficult Manitoba's season has been so far, coach Edwards acknowledges the possibility that it could be pivotal for the Pandas.

"We're coming off playing a good team in Winnipeg, and then after them we have Regina, who is the best team in the nation," Edwards said. "These are games that could be trap games if we let them."

"I think our team is mature and experienced enough to understand that. We will definitely talk about that when we're preparing for this week."

The Golden Bears basketball team was also in action against the Wesmen last weekend, squeaking out back-to-back victories, winning 70-68 on Friday and 63-62 on Saturday. The weekend sweep was a major step in the right direction for the Bears, who had a difficult first half to their season. The Bears now own a 6-5 record and have moved into a playoff spot for the first time since November.


The Bears will look to build on their success as they travel to Manitoba for a tough test against the 8-4 Bisons, who are currently the third best team in the Pioneer Division.



'BALLIN The Pandas split their weekend series with the Winnipeg Wesmen last weekend.

KEVIN SCHENK





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# Players who dominated the steroid era belong in the MLB Hall of Fame

**Zach Borutski**  
SPORTS STAFF • @ZACHSPRETTYCOOL

Does Barry Bonds, Major League Baseball's all-time leader in home runs with 762, belong in the Major League Baseball Hall of Fame? According to voters, he doesn't. Although Bonds is easily one of the greatest players in baseball history, he only received 36.8 per cent of the 75 per cent needed to be enshrined in Cooperstown.

How about Mark McGwire, Sammy Sosa, or Roger Clemens? All of them were incredibly dominant players of a dark period in baseball known as the steroid era, a time in which statistical production — namely home runs and strikeouts — spiked in baseball due to the increased use of performance enhancing drugs.

Judging players who played in the steroid era in comparison to players who didn't is incredibly difficult. As a result, it's become one of the most raging and controversial debates in all of sports — especially when some of the players accused of using PEDs have never actually been caught doing so.

It's ridiculous to leave some of baseball's most talented players out of the Hall of Fame. If a player was the most dominant player because they used steroids during a time in which nearly every other player in the league was doing the same, they're still the best of that era.

Barry Bonds would have been great even if he didn't use steroids, maybe he wouldn't hold the record for most home runs in baseball history, but he would be up there regardless.

There should be steroid era players in the Hall of Fame — even if they do have an asterisk beside their name, or are placed in their own separate section.

First off, there's no scientific or statistical way to discern actually how much steroids can actually help improve a player's game. Every player's body is different and some bodies respond differently to performance enhancing drugs.

Look at Barry Bonds and Alex Rodriguez, two of the poster boys for the steroid era. Bonds' head almost doubled in size and he grew noticeably bulkier to a point where you could almost pinpoint the day he started taking steroids. On the other hand, Rodriguez may have gained some muscle, but his transformation was nowhere near as drastic. Unlike Bonds, he still looks like the same guy throughout his whole career.

Until there can be a concrete way to say "steroids allowed Barry Bonds to hit exactly X amount of home runs," it's very unfair to judge steroid users in this way. Going along that vein, these players — Bonds, McGuire, Sosa, Rodriguez, Clemens, etc. — were still the best in an era when many, many players were using steroids and they were

among the best hitters in the league.

Bulking up certainly doesn't make a player able to hold back on a borderline strike, turn around on a hard slider thrown in on their hands, or even pick up on the ball being thrown out of the pitcher's hand. Take away the steroids and it's only right to assume that they'd still be among the best hitters in the game. Steroids can add muscle and decrease the time it takes to heal from injuries, but it can't imbue someone with hand-eye coordination or an eye at the plate. There's still a tremendous amount of skill involved with hitting that steroids simply can't compensate for.

In a perfect world, there would be no steroid use in baseball and every single player throughout history would be on a level playing field. Unfortunately, this isn't the case and the baseball world has to stop kidding itself.

It isn't necessary to compare players who played in the 1990s to players who played in the 1920s. Eras throughout the history of the game are all completely different. If a player dominated an era where everyone used steroids because they used steroids, they were still the best of that time period.

Put an asterisk beside their name, put them in their own section, it doesn't matter. Just do the right thing and get them in there.



SUPPLIED



# TOP 10

## Baseball players who aren't in the Hall of Fame

**Cam Lewis & Zach Borutski**  
SPORTS EDITOR AND SPORTS STAFF

**10. Larry Walker:** Larry Walker represents some much needed Canadian content in baseball. Even though he played at the hitter friendly Coor's Field in Colorado for most of his career, Walker was a true five-tool player, finishing his career with 383 homers, a .313 batting average, and 230 stolen bases. He's also one of the best Canadians to ever play the game.

**9. Mike Piazza:** Piazza redefined the catching position with his home run power, creating offence from a position known mostly for its defence. His sparkling .308 career batting average and 427 career home runs while playing a very physically demanding position definitely warrant him a place in Cooperstown.

**8. Jeff Bagwell:** A model of consistency over his career, Bagwell hit fewer than 15 homers only once in his career, and that was his last season, when he only played in 39 games. Bagwell finished his career with 448 career home runs and a .297 career batter average. A few ballots later and he'll likely find his way in.

**7. Sammy Sosa:** Any player who hits more than 600 home runs over their career should be in the hall of fame, steroids or not. Aside from Mark McGwire, Sosa was pretty much the most prominent hitter in the mid 1990s, actually out-homering him for his career.

**6. Mark McGwire:** McGwire was Sammy Sosa's home run compatriot in the mid 1990s and early 2000s. Year after year, the

two duked it out for the home run crown and more often than not, McGwire won. McGwire lit up the pitchers throughout his entire career, hitting 583 home runs and holding nearly every single-season home run record until Barry Bonds came along and shattered them.

**5. Roger Clemens:** "Rocket" Roger Clemens is pretty easily the best pitcher of the past 30 years. He put up 353 wins, 4,672 strikeouts, won two World Series Championships, seven Cy Young Awards and an MVP to boot. He also did this during the steroid era, when balls were leaving the park like it was nothing. That seems impressive, but of course, there's a catch. Clemens has also been accused of using steroids and also lied under oath to congress saying that he was clean.

**4. Tommy John:** When you hear the name Tommy John, you think of the reconstructive arm surgery that has saved the careers of hundreds of pitchers. The procedure isn't named after the surgeon who discovered it, it's named after a player who had his career saved by the revolutionary surgery in 1970s. John won 288 games over his 26 year career and the most impressive part is his best seasons all came after the surgery.

**3. Shoeless Joe Jackson:** The Chicago White Sox of 1919 are known in baseball history as the Chicago Black Sox as eight players on the team were accused of throwing the World Series against the Cincinnati Reds for their own individual financial gain. Shoeless Joe Jackson was one of the accused and as a result, was banned from

baseball. His career numbers proves he's good enough to be in the Hall of Fame, as he put up a .356 batting average over 13 seasons and his performance in the 1919 World Series, a .375 batting average and no errors, suggests he played to win.

**2. Pete Rose:** Pete Rose is best known as either the hit king for his incredible baseball career, or the king of controversy for the dark side of his career. Rose is the all-time leader in games played, plate appearances and hits, but was banned from baseball in 1989 due to an investigation that suggested he was involved in betting on his own games. It's unclear how much money he bet, or whether he ever put money on his team losing, but Rose will likely never be allowed in the Hall of Fame because of Major League Baseball's strict no gambling policy.

**1. Barry Bonds:** Barry Bonds is the face of the steroid era and easily the most controversial figure in Major League Baseball history. Just the sight of his name makes voters sweat. Although he was never caught, everybody knows Barry Bonds used performance enhancing drugs throughout his career as he nearly doubled in size between his days with the Pittsburgh Pirates and the San Francisco Giants. Bonds put up video game numbers throughout his career — an impressive feat, 'roids or not. He holds the record for most home runs in baseball history with 762 and a wealth of other hitting records. He also has the most walks of any player who ever played with 2558, so it clearly wasn't all the work of steroids.

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# Health and Wellness

## Tips to succeed with your New Year's Resolution to get super fit

**Taylor Evans**  
SPORTS STAFF • @EVABBS

New Year Resolutioners have a pretty bad reputation for wrecking havoc each January at the gym. For the regular gym goer, it can be frustrating having to watch their place of sanctuary go to hell for a month as they try to tackle their own health-related resolutions. Resolutioners, make 2015 the year you stick to your goals and finally improve your physical fitness and overall health. Then join the regulars next January as we all fume around the gym together fighting for mirror space. Whether this is your first or eighth year vowing to adopt a healthier lifestyle, it's important

to recognize you've already made a huge first step by setting a health-related goal for yourself. Despite popular thought, your goal doesn't have to be overly specific. The notion that you want to improve your overall well-being is all you need to successfully create healthy habits that can make a lasting difference. It's really difficult to get in shape while on campus. There's a ton of things to worry about, like making it to all your classes, taking notes, actually doing readings, assignments, labs, and by the end of the day you're totally pooped, so the last thing you want to do is jump on a treadmill. Being a healthy, active person on campus takes some planning. Here's some tips on how you can make it work.

**Bring an improvised home packed lunch:** We have some pretty healthy and tasty options on campus such as Subway, Edo (sans sauce) and Burrito Libré, but it can be really pricey to eat there every day. It's obviously a lot easier and cheaper to buy a bagel from Tim Horton's, or a couple bags of chips for lunch. On the flip side, packing a full chicken breast and a salad every single day is a pain in the ass, so try an improvised half home packed lunch. Try buying a pre-washed bag of variety lettuce from the grocery store and bringing some to school in a Tupperware — it'll be a lot easier. Head over to OPA! in SUB for a meat kebab and you have a simple lunch that cost as much as that bagel or three bags of chips you

were planning on getting earlier. Voila, the best of both worlds. You save money, don't have to carry a bunch of things around, and you get a tasty lunch. **Be ready to roll at all times:** When it comes to fitness, it's really important to be properly equipped. If you can fit your gym gear in your backpack, that's great, but if not, join the group of kids tying sneakers to our knapsacks. If you haven't already noticed, gym goers carry around a lot of stuff at all times. It's important to have your gym stuff on you — you never know when your group meeting will fall through and you have an extra hour for the gym, or when your friends will be short players for a campus rec basketball game. You can also rent a locker in Van

Vliet for \$80 a term. That way, it's all right there and you don't have to carry your stuff around all day. **Get involved with a physical activity:** If the gym isn't for you, make the most of what University of Alberta has to offer. With active clubs like the Outdoors Club and the Ski and Snowboard Club, and Recreation Services' constant stream of intramurals, there really is something for everybody. Also, have you seen how crazy the new rock-climbing wall is? Head over to the Rec Services website for a big list of activities you can be a part of — both intramural and drop in. If you don't want to play on a team, there's drop in time from everything ranging from yoga and swimming, all the way to basketball.



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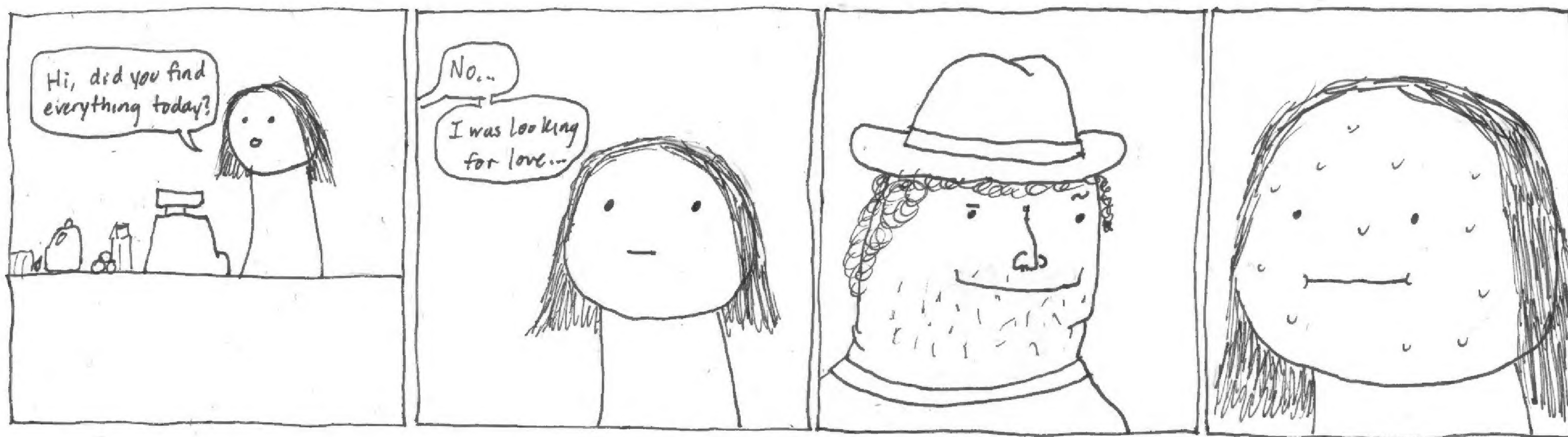
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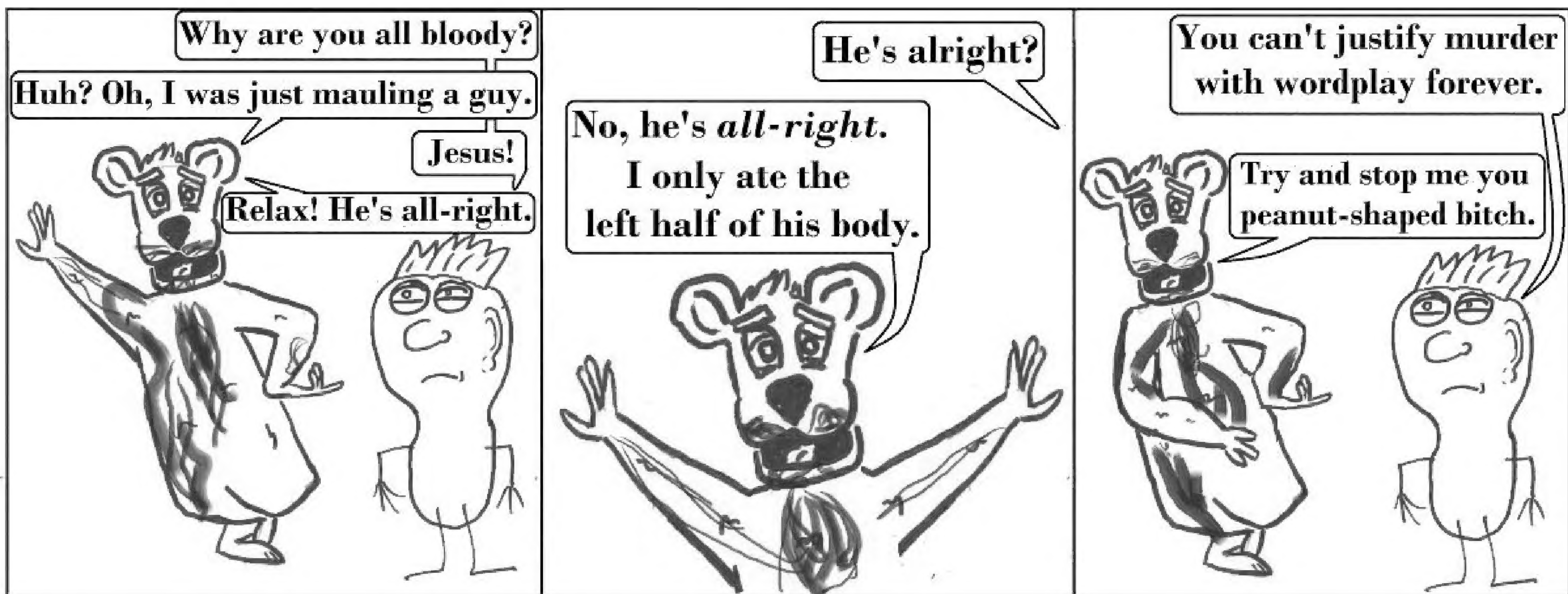
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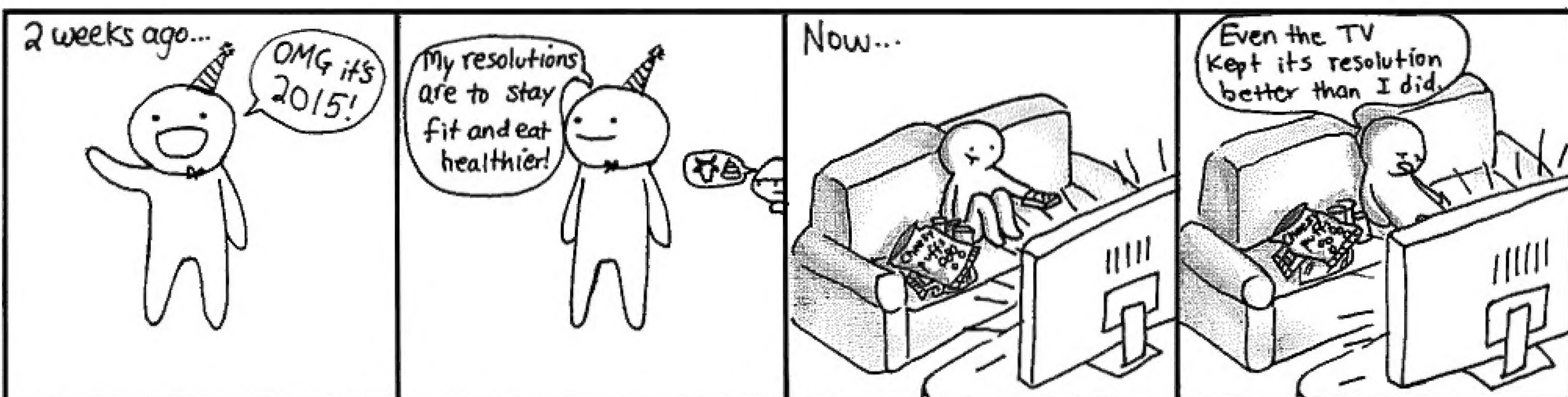
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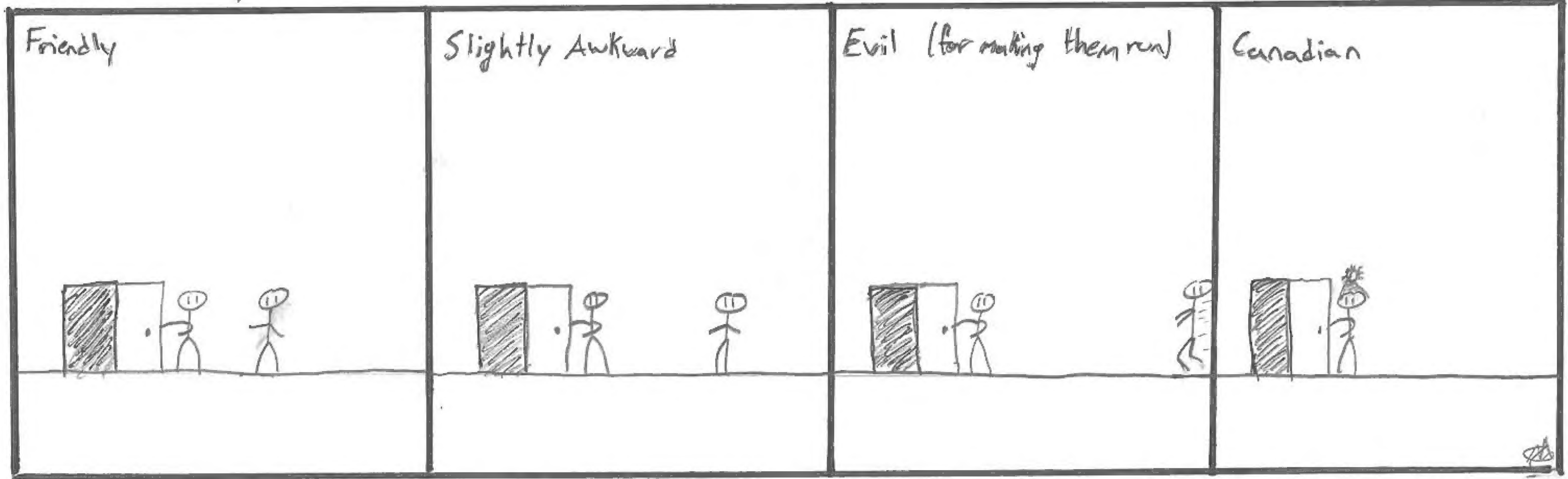
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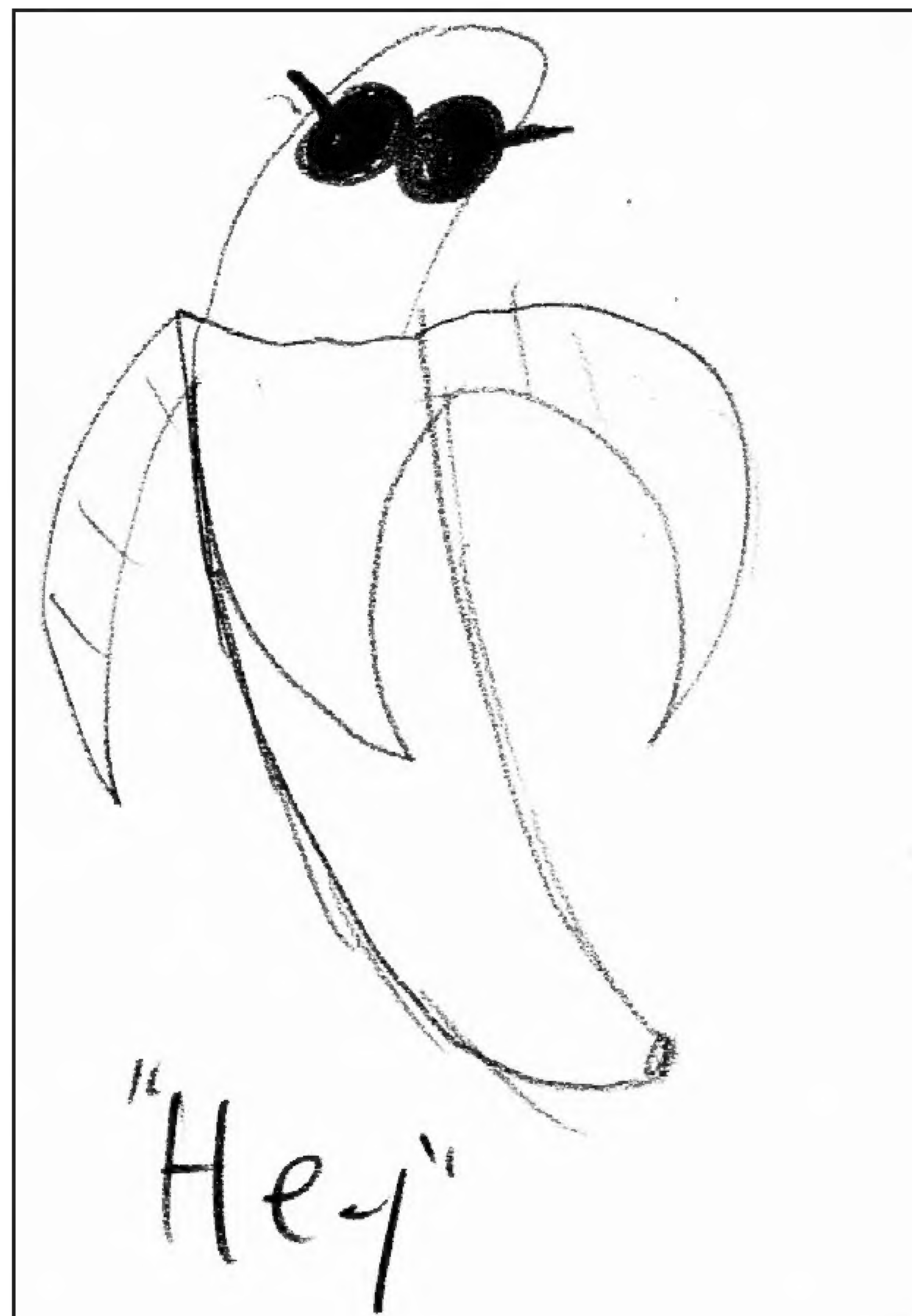
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